

# all you

Enjoy life for less!

ISSUE 3, MARCH 2015

# BUDGET SPRING RECIPES

15 Delicious  
Dishes Your Entire  
Family Will Love

YES!  
WALKING  
WORKS  
DROP POUNDS  
FASTER P.27

'MY PET  
SAVED  
MY LIFE'

# BEST HEALTHY SNACKS

YUMMY  
GUMMY  
CUPCAKES

P.52



"I WANT  
MOISTURE  
THAT LASTS -  
AND LASTS."

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body

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# all\*you

# Contents

MARCH 2015

# 16

## In every issue

- 7 Just between us
- 94 Horoscope
- 96 Brainteasers
- 99 Giveaways
- 100 'My hero'



## Sweet and simple

No need to look far for the candy that tops our cover's adorable cupcakes. Jelly fruit slices—available at most supermarkets and in candy-shop bulk bins—make great butterfly wings. Stick to one color or create a rainbow of creatures. For more on making the cupcakes, turn to page 52.

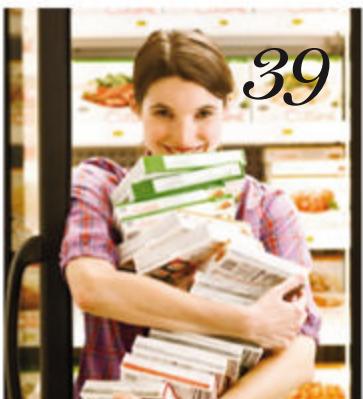
COVER PHOTO: DAVID MALOSH,  
FOOD STYLING: TARA BENCH,  
PROP STYLING: GERRI WILLIAMS  
FOR JAMES REPS



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# Great food, great values

## KEY

- \$ Less than \$1.50 per serving
- 🕒 Make-ahead meal
- 🕒 30 minutes or less

## APPETIZERS & SALADS



Edamame and Shrimp Bruschetta, p. 46



Chicken and Apple Salad with Orange-Mustard Vinaigrette, p. 40

## ENTRÉES



Only 99¢ per serving



Cuban Pork and Black Bean Stew, p. 42



Cute Bunny Cupcakes, p. 52



"Spaghetti and Meatballs" Cupcakes, p. 80



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Easter Noodle Pudding, p. 50



Tomato and Pepper Stew with Eggs, p. 41



Cheesy Pasta with Roasted Cauliflower, p. 44



Ham with Spiced Cherry Sauce, p. 49



Sausage, Vegetable and Egg Scramble, p. 49



# SNACK TIME JUST GOT HAPPIER.



Introducing Sara Lee Snack Cakes. A variety of individually wrapped, delicious snacks that will make any kid's day. They're everything you love about Sara Lee, now baked fresh to go.

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This month's  
BIGGEST  
SAVINGS  
and  
SCORES

ALL YOU is your home  
for savings, in print  
and online.

Bed Bath and Beyond  
**20% off  
one item** p. 71

Butterball® Every Day  
Frozen Turkey  
Burgers  
**\$1.00** p. 11

Frigo® Cheese  
Heads® Snack Cheese  
**\$0.75** p. 38

Quaker® Select Starts  
Instant Oatmeal  
(Protein, Organic,  
Lower Sugar, High  
Fiber, Weight Control)  
**\$1.00** p. 9

Quaker® Quick  
3-Minute Steel Cut  
Oatmeal (box or  
canister)  
**\$1.00** p. 47

**ALL YOU  
bonus savings**

Fullbeauty.com  
**20% off Comfortview  
Saffi strappy  
sandals** p. 15

Dentistsrecommend  
.com  
**15% off sitewide and  
free shipping** p. 25

Darbysmart.com  
**10% off a Blooming  
Branches Easter Eggs  
kit** p. 86

**VALUE ALERT!**  
Save \$180  
on banking fees  
this year (p. 72)



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up to \$500 worth of  
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We find the best freebies  
and send them straight  
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through Friday.

# Shop smarter now

## Scan the pages for mobile deals

It's easy to prepare budget-friendly meals and buy products featured in ALL YOU. Use your smartphone to scan product photos on specially marked pages to purchase items you like. You also can scan recipe photos, then organize menus, create a shopping list and find local bargains on ingredients.

**1** Download the  
free Digmarc  
Discover app  
(available at Google

Play and iTunes). Launch the  
app, then hover your phone  
4 to 7 inches above the picture  
(line it up in the on-screen  
crosshairs).

**2** Your phone will  
signal when the  
app recognizes the  
image. If you've

scanned a product photo, your  
browser will open to a page  
where you can comparison-  
shop, buy an item or sign up to  
receive price-drop alerts.

**3** If you've scanned  
a recipe photo, your  
browser will open  
to our sister site  
[myrecipes.com](http://myrecipes.com). Save the recipe  
to your MyRecipes account,  
then make menus, shopping  
lists and more. Don't have an  
account? Sign up on the spot.



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pink bar at the  
top of the screen.

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this icon, scan the  
photo for extra value!

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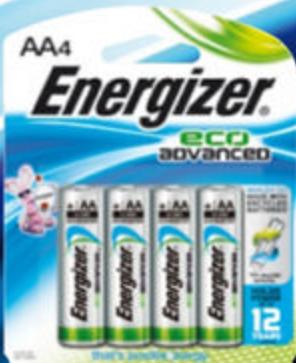
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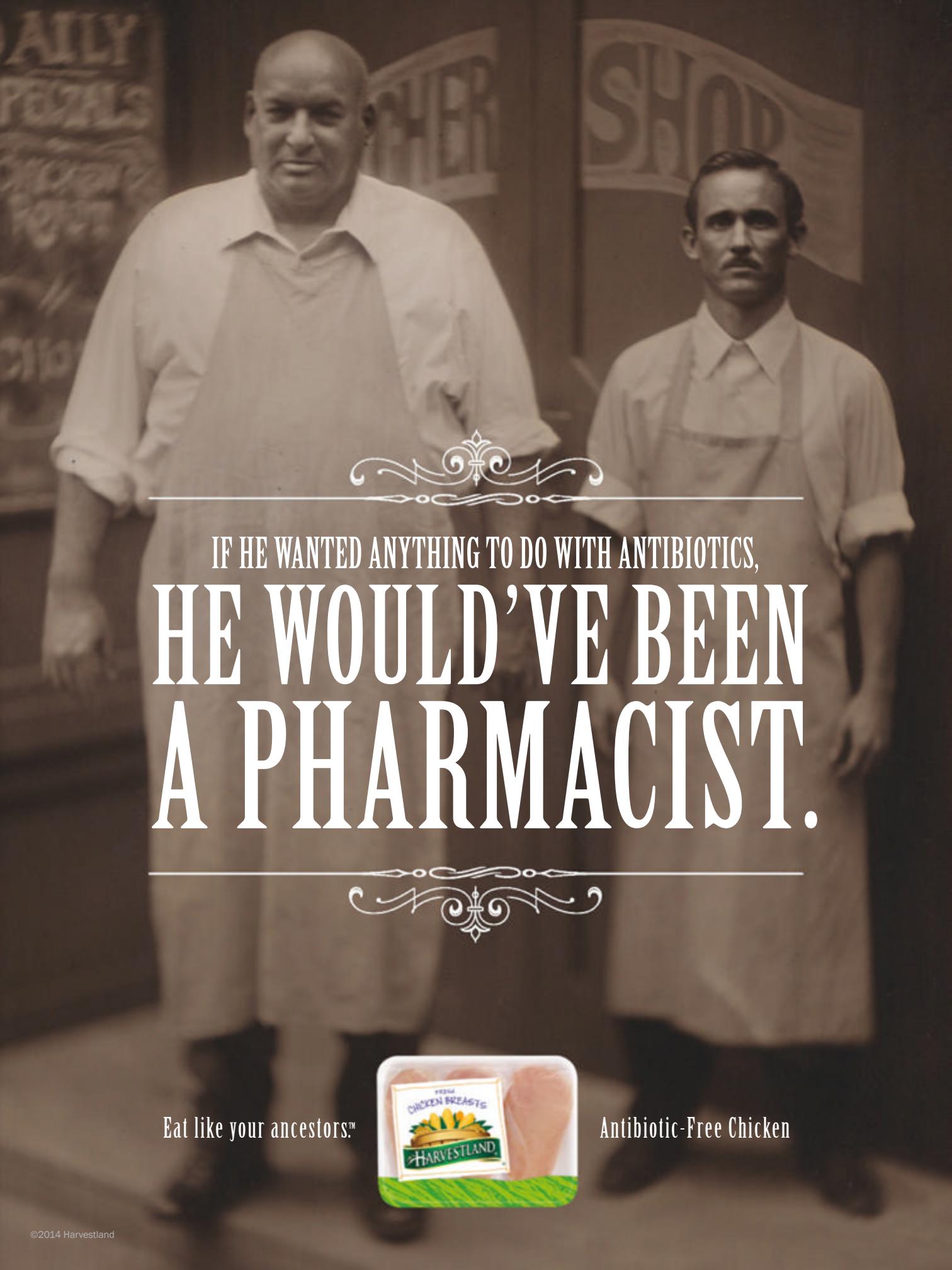
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**HE WOULD'VE BEEN  
A PHARMACIST.**

---

Eat like your ancestors.™



Antibiotic-Free Chicken

# \*just between us



## from the EDITOR

You'll notice that we've made a few changes throughout the magazine, starting on the very next page, where we're giving ALL You readers and Reality Checkers your very own section! From front to back, we've done our version of spring-cleaning, shaken out our rugs and tidied up a bit to help make sure you can find what you're looking for, whether it's a recipe for something delicious, like those fun cupcakes on the cover (page 52), or a clever tip about how to get dusting done easier (page 68).

Knowing how much you love ALL You, we don't make these changes lightly. I can assure you I've been listening to you all along the way, and my hope is that the magazine you see today is as packed with value and simple solutions to your everyday problems as it was when we launched almost 11 years ago.

I'm eager to know what you think, and—get this!—we'd like to pay you for your trouble. Turn to page 95 and see how you could win as much as \$500 for doing what ALL You readers have always done brilliantly: share your thoughts.

Nina Willdorff, editor  
nina@allyou.com

ALEX BEAUCHESENE; HAIR AND MAKEUP: TONY NOLAND FOR MARK EDWARD INC. (WILLDORFF)

### READER EXPERTS

## Thanks to all the readers who helped create this issue

### Sheila Anderson

45, TRAVERSE CITY,  
MICH.

### Laura Arnold

29, CINCINNATI

### Robin Bastian

44, LIVONIA, N.Y.

### Meagan Bates

24, WASHINGTON, D.C.

### Valerie Benko

34, LYNDORA, PA.

### Stephany Bryant

42, DANVILLE, VA.

### Sandy Carns

45, ST. AUGUSTINE, FLA.

### Robin D. Clary

50, ROANOKE,  
RAPIDS, N.C.

### Autumn Conley

44, SPRINGFIELD, OHIO

### Kimberly Conover

Dickerson

44, RICHMOND, VA.

### Monica A. Consalvo

41, PORT JEFFERSON, N.Y.

### Jill Criddle

56, CONROE, TEXAS

### Stacy Dunkley

43, MANTUA, UTAH

### Kami Dutcher

36, BINGHAMTON, N.Y.

### Jennifer Etheridge

29, INVERNESS, MISS.

### Jennifer L. Galbraith

37, EXETER, CALIF.

### Jenna Goodwin

27, NEVADA, IOWA

### Courtney Haas

25, BORDENTOWN, N.J.

### Karen Hale

43, GRAND PRAIRIE,  
TEXAS

### Jessica Hall

29, COLUMBIA, MO.

### Lee Ann Hall

44, GREENWOOD, IND.

### Victoria Holichork

24, BEACHWOOD, N.J.

### Ivy Hui

55, COLUMBIA, MO.

### Jessica Hurtado

39, CAMARILLO, CALIF.

### Dixie La Pierre

45, GARLAND, TEXAS

### Dianne Larson

53, VALENCIA, CALIF.

### Kimberly McBride

43, MOWATA, LA.

### Robin Mooney

53, MORAVIA, N.Y.

### Nefty Morales

28, LAREDO, TEXAS

### Melissa Placzek

43, RED WING, MINN.

### Erna Pratt

76, SPRINGFIELD, MO.

### Tracie Russell

42, GRAND RIVER,  
OHIO

### Bridgette Rutz

31, MERIDIAN, IDAHO

### Karen Schultz-Hess

40, GREEN BAY, WIS.

### Kim Shanahan

45, FORT LEONARD  
WOOD, MO.

### Crystal Sutton

39, LAFAYETTE, IND.

### Linda Taitt

59, WOODLAND, WASH.

### Julie Day Thomas

62, TITUSVILLE, FLA.

### Stacey Thornton

42, GRAFTON, MASS.

### Maryann Vivolo-Sclafani

43, HASBROUCK,

HEIGHTS, N.J.

### Rhianna Walker

35, GREAT FALLS,  
MONT.

### Maura White

36, CONESUS, N.Y.

### Laura White-Sumner

46, ROCKY MOUNT, VA.

### Candace Young

55, DOUGLAS, MASS.



Dianne's dog, Ruby, is more than a friend: She's a lifesaver.  
**PAGE 89**



I love Laura's trick to push herself and walk that extra mile.  
**PAGE 28**



Of course Jennifer's microwave cleaning tip is genius. It comes from her grandma!  
**PAGE 39**



Looking to make an extra \$100? Jessica's got a great plan.  
**PAGE 65**



Crystal's egg scramble is hearty enough for dinner or breakfast.  
**PAGE 48**



I'm with Maura: Cleaning under the sofa is something I'd rather avoid.  
**PAGE 68**

## HAVE SOMETHING TO SHARE? We're all ears! Connect with us below and you could find yourself in the pages of All You or on allyou.com.



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# READER RAVES

THE LATEST TIPS, TRICKS AND PICS—STRAIGHT FROM YOU!

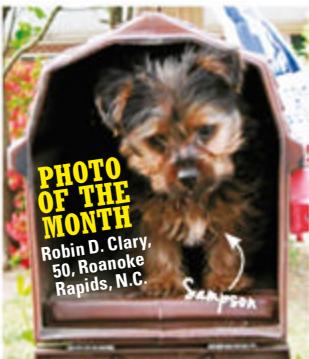
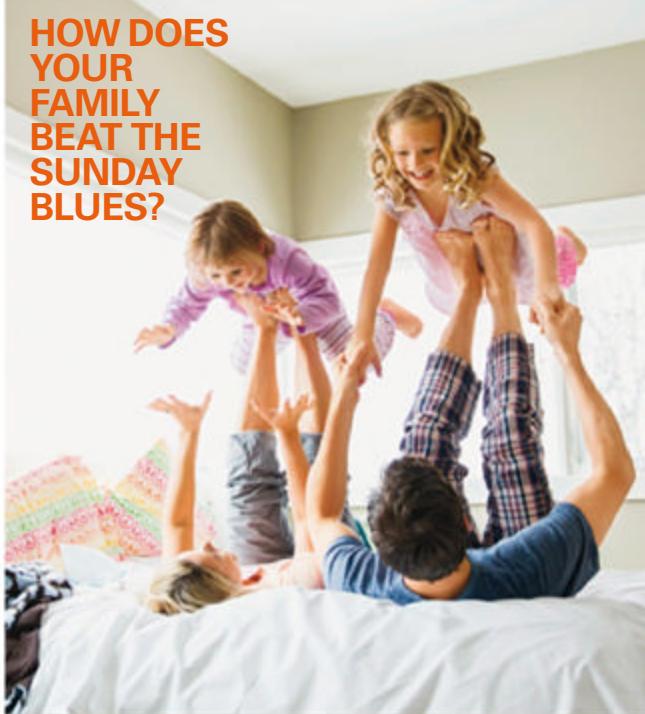
**43%**  
exercise in the  
**MORNING**

**32%**  
work out at different  
times each day

**22%**  
in the evenings

**2%**  
on their lunch break

HOW DOES  
YOUR  
FAMILY  
BEAT THE  
SUNDAY  
BLUES?



"We love to play loud music in the morning, complete with pancakes and silly dancing!"

—Nefty Morales, 28, Laredo, Texas



## MOST-SHARED DISH

Pizza Pasta Salad  
(710,000 repins)  
Get the recipe at [allyou.com/pizza-pasta-salad](http://allyou.com/pizza-pasta-salad).

## #BARGAIN BRAG

"For years, I've wanted the orange Rachael Ray cookware set. It normally costs \$199, but I got the last one at Walmart for \$49. I heard bells ringing!"

—Kimberly McBride, 43, Mowata, La.

"I keep a list of recipes that call for common leftover ingredients, like cream. Then I just reference it when I need to use up something."

Stacy Dunkley, 43, Mantua, Utah



"I corral my kids' art supplies in a cardboard six-pack carrier that I covered with colorful duct tape. The sections keep like items together, and the handle makes it easy to carry."

—Robin Bastian, 44, Livonia, N.Y.



"I love this easy hot-oil treatment: Warm 1/4 cup of **olive oil** in a microwave-safe container for 15 to 20 seconds, then smooth into your hair. Wrap hair in a towel; let sit for 20 minutes. Then wash it out with a mild shampoo. I do this once a week!"

—Robin Mooney, 53, Moravia, N.Y.

## TRENDING

# 'DUMP' CHICKEN

40,000 FACEBOOK SHARES

For more, go to [allyou.com/dump-chicken](http://allyou.com/dump-chicken).

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0030000-203912



WE ASKED...

# What BEAUTY PRODUCT COULD YOU NEVER LIVE WITHOUT?



## You asked, you answered



### QUESTION

"I have long, thin eyelashes. What's the best mascara to thicken them up without clumping?"

—Laura White-Sumner, 46, Rocky Mount, Va.



### ANSWER

"I love New York Color Big Bold Curl mascara. It makes my lashes full. It doesn't clump up, and it's affordable."

—Jennifer L. Galbraith, 37, Exeter, Calif.

### TREND ALERT!

52% OF READERS FAVOR PRODUCTS THAT PLAY UP THE EYES.

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ALL YOU  
**SAVINGS STARS**  
TIPS FROM  
SMART-SHOPPING  
BLOGGERS

CRAFT

*"For an easy Easter centerpiece, all you need are two clean vases (one small enough to fit within the other) jelly beans and Peeps candies. Put a layer of candy inside the larger vase. Insert the smaller vase so the beans rise up along the sides, then just add spring flowers to the smaller vase."*

—Abbey DeHart,  
[thecardswedrew.com](http://thecardswedrew.com)

GROCERIES

**"TRY TO THINK LIKE OUR ANCESTORS AND FIND WAYS TO USE UP ALL THE LITTLE LEFTOVERS. TAKE THE BONES AND SCRAPS OF CHICKEN AND MAKE CHICKEN STOCK (IT'S EASY TO DO IN YOUR SLOW COOKER). HAVE HEELS FROM A LOAF OF BREAD? MAKE BREAD CRUMBS. YOU'LL EAT BETTER AND SAVE!"**

—Crystal Paine, [moneysavingmom.com](http://moneysavingmom.com)



**'I MADE IT!'**

PAPER PUNCH-OUT EASTER EGGS

The 'Make This Easter Eggs-tra Special' story caught my eye with two key words: *easy decorating*. I already had all the materials for the project on hand, but I decided to add some glitter for an extra 'wow' factor. I used



FROM APRIL. Get the instructions at [allyou.com/paper-eggs](http://allyou.com/paper-eggs).

YOU SAID IT

# CHEAP TRICKS



*"Last year I started seeing **burlap coffee sack pillows** all over Pinterest and loved them immediately. It took me about an hour to create each pillow, using a hot-glue gun instead of a sewing machine. They're comfy and hold up really well."*

—Kimberly Conover Dickerson, 44, Richmond, Va.

*"I was looking for a free (and fun!) way to work out at home. I came across blogilates.com, an exercise blog and app with free videos and a monthly workout calendar. The videos allow me to work out at my own fitness level, and the trainer Cassey is so encouraging and friendly."*

—Rhianna Walker, 35,  
Great Falls, Mont.

*"I have a bin in my closet with file folders for each credit card and bank account, plus a file for cash. When I get home from shopping, I file my receipts. And when I pay bills, I file the statements. Come tax time I'm ready. My system also makes it easier to return an item."*

—Monica A. Consalvo, 41,  
Port Jefferson, N.Y.



**'I WON!'** "I love getting goodies from #RealityCheckers. Thanks, @allyou!"

—Bridgette Rutz, 31, Meridian, Idaho

*Do you love prizes and freebies? Check out the giveaways on page 99. And join our Reality Checker community ([realitycheckers.allyou.com](http://realitycheckers.allyou.com)) for a chance to nab even more freebies and exclusive deals.*

craft glue to cover the egg with glitter, then glued on the paper punch-outs after the glitter dried. It was so easy to do—I'll definitely make this project again in years to come!"

—Stephany Bryant, 42, Danville, Va.



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lifted with one hand.

Ditto.



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# yourself

QUICK BEAUTY TIPS, STYLE UPDATES AND INSIDER ADVICE TO HELP YOU LOOK AND FEEL GREAT

## FOUND: Comfy Heels!

We tracked down versatile shoes for any occasion—ones that won't rub, pinch or hurt. Time to trade in those ballet flats

### ON THE TOWN

Stylish 3-inch wedges offer nice height for a night out. Soft uppers hug the top of your foot for stability.

**BONUS** The wide fabric straps don't rub the way leather ones do.

Party Plush shoes, \$69, sizes 5–12; aerosoles.com.

20% OFF  
Comfortview Saffi strappy sandals at  
[fullbeauty.com](http://fullbeauty.com)  
CODE: OSPALLYOU20  
EXPIRES:  
4/1/15

### PARTY TIME!

Shimmery gunmetal acts as an amped-up neutral. And extra padding at the toe and heel bed means you don't need to swap these 2½-inch heels for flip-flops as the night goes on.

Saffi strappy sandals, Comfortview, \$45, sizes 7M–12WW; [fullbeauty.com](http://fullbeauty.com).



### EVERYDAY WEAR

Leather and metallic detailing make it easy to dress these understated wedges up or down. And just enough lift provides better arch support than flats or flip-flops.

Brodeo shoes, BareTraps, \$59, sizes 5½–10 and 11M; [footwearunlimited.com](http://footwearunlimited.com).



### BUSY SATURDAY

The contoured footbed keeps your heels stable for easy walking in these 2½-inch wedge sandals.

Molton shoes, \$80, sizes 6–10½; [drschollsshoes.com](http://drschollsshoes.com) for similar styles.



### READY FOR BUSINESS

Pointy-toe shoes can wreak havoc on your feet. The key is finding a pair, like these suede, 2½-inch heels, that boasts plenty of room for your toes.

Tamra heels, \$70, sizes 4–12; [solesociety.com](http://solesociety.com).

NICHOLAS DUERS, STYLING: PHYLLIS BAKER (SHOES, CUSHION); GETTY IMAGES (FEET)

### A LITTLE EXTRA CUSHION

High heels can shift weight to the forefoot. Try these nonstick shock-absorption pads to reduce stress on the balls of your feet.

Top Toes Technogel cushions, Foot Petals, \$9; [barenecessities.com](http://barenecessities.com).

### WE ASKED...

**How do you make sure shoes feel great from day one?**

### YOU ANSWERED...

*"I wear them with socks and walk around the house for a while. Not too long—or they could overstretch—but just enough so that they loosen up a bit."*

Maryann Vivolo-Sclafani, 43,  
Hasbrouck Heights, N.J.



### MAKE ANY HEELS MORE COMFORTABLE

*Lightly tape your third and fourth toes together. A nerve runs between them that can hurt under pressure (like when you're wearing high heels). This trick can relieve strain and pain.*

**88%**  
OF AMERICAN WOMEN WEAR SHOES THAT ARE TOO SMALL.

*Source: American Orthopaedic Foot and Ankle Society*



### EXPERT TIPS FOR THE BEST FIT...

- Allow  $\frac{1}{8}$  inch of space in the back and a half inch between the tip of your longest toe and the front of the shoe.
- Leave room for all five little piggies in the toe box. Shoes that push the toes into an unnatural position cause the most pain over time.
- Shop late in the day, when feet tend to be swollen. New shoes should feel comfortable all day long.

*Source: the Center for Podiatric Care and Sports Medicine*



SCAN THE SHOES TO BUY THE PRODUCTS ON THIS PAGE. See page 4.

 look good for less

# WHAT'S IN STORE FOR SPRING

The season's hottest trends look flirty, fun and feminine. Refresh your wardrobe in a snap with our picks from three go-to retailers—starting at only \$15



\$54  
Scallop-striped sweater, Elle, sizes XS-XL



\$75  
Essie dress heels, Jennifer Lopez, sizes 6-10



\$28  
Ombré loop scarf, Sonoma Life and Style



\$89  
Bag, Juicy Couture



\$44  
Printed denim jacket, Croft and Barrow, sizes XS-XL

In either dreamy florals or gauzy pink, these dresses and accessories are downright ethereal.



\$64  
Ana shirtdress, Simply Vera/Vera Wang, sizes XS-L

\$64  
Pleated maxi dress, LC Lauren Conrad, sizes XS-XL



\$45  
West sandals, Mudd, sizes 6-10



TARGET

Gear up for warmer weather with preppy but versatile classics—all priced at less than \$50.



\$28  
Botanical short-sleeve dress, sizes XS–XL



\$40  
Anorak, Merona for Target, sizes XS–XL



\$30  
Denim jeans in shell wash, Mossimo, sizes XS–XL



\$30  
Ashland sandals, Sam and Libby, sizes 6–10



\$17  
Necklace

THIS SPRING'S UNIFORM?  
A COTTON SHEATH DRESS OR COMFY MAXISKIRT.



\$15  
Sunglasses



\$20  
Core maxiskirt, Merona for Target, sizes XS–XL



\$23  
Favorite V-neck cardigan, Merona for Target, sizes XS–XL



\$23  
Favorite button-front shirt, Merona for Target, sizes XS–XL



\$45  
Bag, Merona for Target



SCAN THE BAG ABOVE TO PURCHASE THE PRODUCTS ON THESE PAGES. See page 4.



look good for less



JC  
PENNEY

Bold graphics—  
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**\$48**  
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Stylus,  
sizes 2–16



**\$44**  
Tunic, Nicole  
by Nicole  
Miller, sizes  
XS–XL



**\$85**  
Pamela  
cross-body  
bag, Nicole  
by Nicole  
Miller



**\$38**  
Scuba pencil  
skirt, Bisou  
Bisou, sizes  
XS–XL



**\$40**  
Crew-neck  
sweater,  
sizes S–XL



**\$12**  
Oval stud  
earrings



**\$45**  
Pull-on  
pants, Liz  
Claiborne,  
sizes S–XL

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SPRING SWEATER  
WITH THIS  
BUG-STUDDED  
NECKLACE.



**\$30**  
Beaded blue coral  
necklace, Bleu NYC



**\$40**  
Mila  
sandals,  
Arizona,  
sizes 5–11





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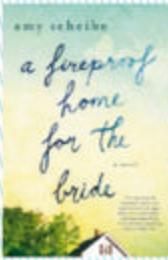


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[FreshNewScents.com](http://FreshNewScents.com)

# Seven ways to treat yourself this month



READ IT

**1 A FIREPROOF HOME FOR THE BRIDE** By Amy Scheibe  
"The future for Emmaline Nelson is preordained: life on her family's farm in Minnesota with a man her parents have chosen. But when she uncovers the true character of her fiancé—and a shameful family secret—she decides that only she has the power to determine her fate."



Sandy Carns, 45,  
St. Augustine, Fla.

2

USE IT

## PURSECASE

Can't get a handle on toting your phone, cash and credit cards in a safe, stylish way? These phone cases (\$15 to \$30; [pursecase.com](http://pursecase.com)) can fit iPhones and Androids, and they double as mini clutches, complete with a pocket for cards and bills. Choose a cheeky bright color or elegant white.



Smith and Robbie

3

SEE IT

## FOCUS

As a seasoned con man (Will Smith) teaches the ropes to a beautiful rookie (Margot Robbie), they start getting close, and he breaks off the relationship. Fast-forward three years, when they cross paths in Buenos Aires, Argentina, along with a billionaire race-car mogul (Rodrigo Santoro). The stakes are higher than ever—but not necessarily in the way the con man might have expected. Opens Feb. 27. (R)



SCAN THE RED PURSECASE TO SHOP FOR THE PRODUCTS IN THIS STORY. See page 4.

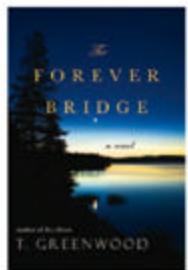


Chandler  
with Linda Cardellini

## 4 WATCH IT

### BLOODLINE

This Netflix series, from the creators of *Damages*, centers on a well-respected Florida couple (Sissy Spacek and Sam Shepard), their four adult children and the darkness that lurks beneath the family's starchily faceted. "We're not bad people," says responsible son John (Kyle Chandler), "but we did a bad thing." Premieres March 20.



## 5 READ IT

### THE FOREVER BRIDGE

By T. Greenwood

An 11-year-old girl yearns for the life she had before a car crash took her brother's life, her father's legs and her mother's sanity. It takes a hurricane and the mysterious appearance of a silent teenager to bridge the gap between mother and daughter.



James

## 6 SEE IT

### CINDERELLA

Kenneth

Branagh's

live-action tale  
is populated by

a top-drawer cast of Her Majesty's thespians. Lily James (*Downton Abbey*) stars as Ella. Cate Blanchett is the nasty stepmum. Holliday Grainger (*Anna Karenina*) and Sophie McShera (*Downton Abbey*) are the no-good stepsisters. Derek Jacobi (*The King's Speech*) plays the king. And Helena Bonham Carter is the fairy godmother who gussies up Ella for her Prince Charming, played by Richard Madden. Opens March 13. (PG)

## 7 USE IT

### ESSENZA HAND SOAPS

"These luxury soaps come in bottles with an elegant look. The soap feels silky, smells refreshing and made my skin clean and smooth. A perfect gift."

\$5 each (available in six fragrances);  
at Bed Bath and Beyond.

Ivy Hui,  
Columbia, Mo.





OUR EXPERT  
ILANA  
BLITZER

**56%**  
*of women surveyed said they are nicer to people if they're having a good hair day.*

*Source: Matrix, a hair-care and hair-color company*

## MY SECRET SPOT TO SPRITZ

I don't wear fragrance every day, but when I do, I like it to be almost undetectable—a faint sweetness in the air, not as though a cloud of musk and tuberose had entered the room. My trick to keeping it light: Instead of spritzing pulse points and risk overdoing it, I give my hairbrush a quick mist and run it through my dry hair just before walking out the door. The theory is that natural scalp oils actually hold the fragrance longer than skin. Plus, the scent diffuses ever so softly with every hair flip and ponytail flick.



**MY PICK:**  
Almay Longwear and Waterproof eye makeup-remover pads, \$6 for 80; at mass retailers.

## DOES IT TAKE TOO LONG TO REMOVE MAKEUP AT NIGHT?

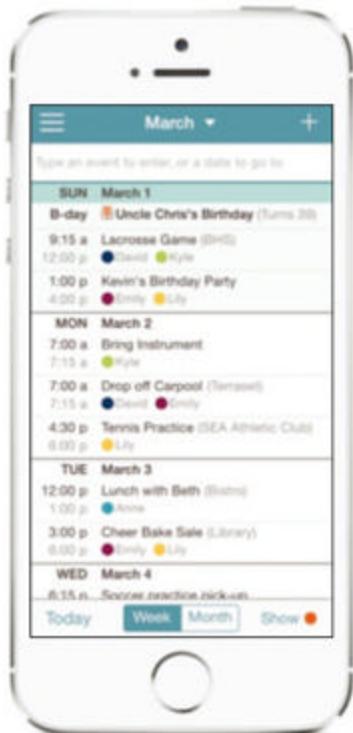
Good news: You don't need three tries with a cleanser to get stubborn makeup to budge. Start by removing eye makeup, which is usually the hardest to get off. Hold a remover-soaked pad over each closed lid for 10 seconds, then swipe it down and out. Think of it as a cleanser on a countertop: The longer it sits on the surface, the better it dissolves grease. To avoid irritation, opt for a gentle, ophthalmologist-tested formula (that's one step above dermatologist-tested).



## Keep lips pretty, not parched

Is it just me, or do you also feel like you're constantly reaching for lip balm? I religiously apply it before lipstick to keep my pout from drying out and always layer it on *before* lipstick. Thing is, when you put lip color on top of balm, it tends to get messy and migrate off your lips and onto surrounding skin or teeth. A makeup artist recently told me that in order to keep lipstick from disappearing, avoid the lip balm first, so the color adheres directly to your lips. Then apply a bit of balm afterward. Works on both fronts: Keeps lips hydrated and smooth, and the lipstick stays exactly where you want it.





## THINK OF IT AS MOM'S SECRET WEAPON.

Life moving too fast? From schedules to shopping lists, let **Cozi** manage the little things so you can relax and enjoy the ride.

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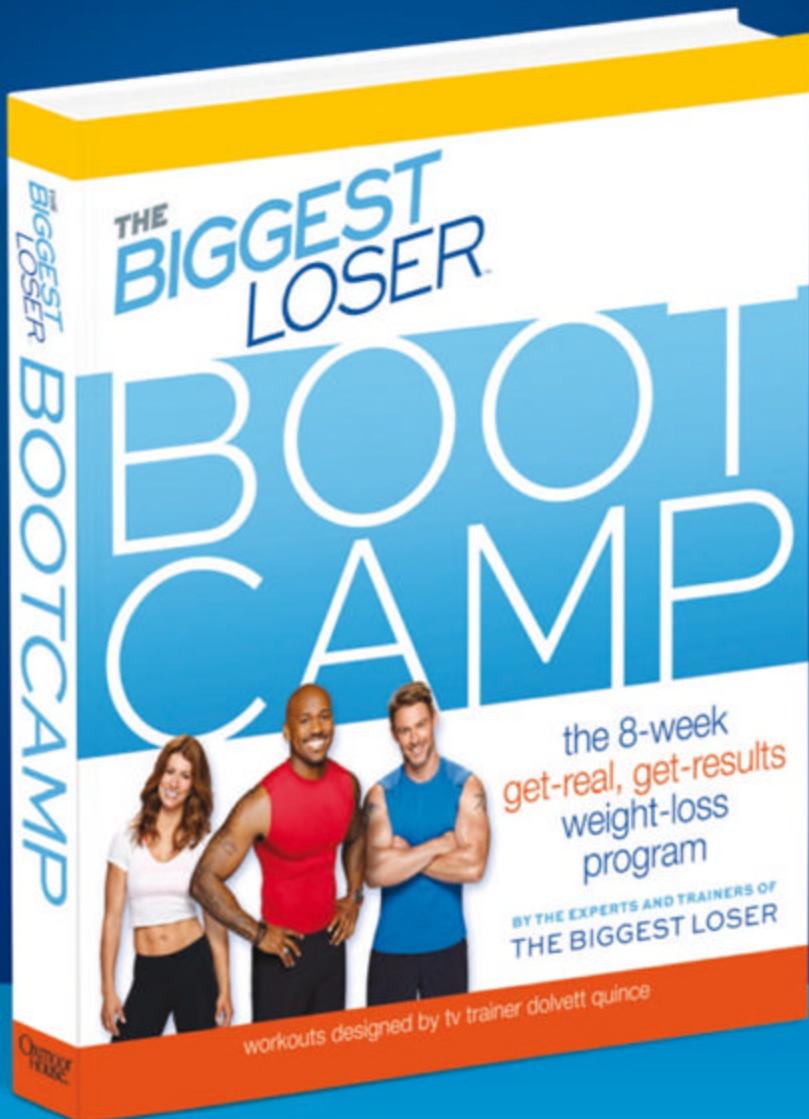


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THURSDAYS 8/7c NBC

## Save on Dental Care

Keep your teeth healthy—and your wallet full—with these smart tips

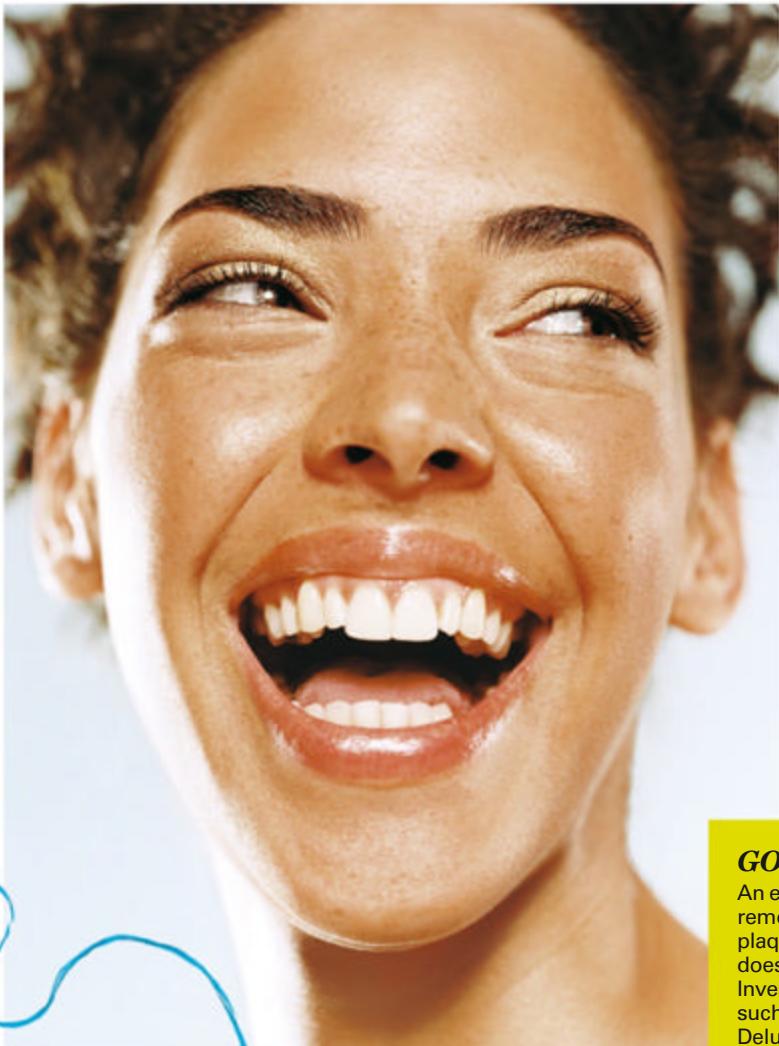
### IS DENTAL INSURANCE WORTH THE MONEY?

Compare the cost of two cleanings and one set of X-rays to the cost of the yearly premium. If the premium is lower and your dentist takes that insurance, get it. If you don't have insurance, ask your dentist if you are at low risk for periodontal disease—which includes factors such as smoking and diabetes. A *Journal of Dental Research* study found that low-risk folks can get by with only one checkup per year.



### A DAY FOR DENTAL DEALS

To celebrate WORLD ORAL HEALTH DAY on March 20, dentists all over the world are offering discounts on checkups and other services. To find deals near you, visit [worldoralhealthday.org](http://worldoralhealthday.org).



#### HOW I SAVE

*"I have received dental care at a college that has a dental-hygiene program and offers cleanings and checkups at a nominal cost."*

*The students do excellent work."*  
Candace Young, 55,  
Douglas, Mass.



# \$666

THE AVERAGE AMOUNT AMERICANS SPENT ON DENTAL CARE LAST YEAR

Source: American Dental Association Health Policy Institute

### Shop around

If you don't have a dentist, look for fliers, mailers or Groupon-style deals that can cut the cost to as low as \$50 per visit. Also, many dentists offer a free consultation to get a price quote, especially if you might need extensive work. If the estimate is beyond your budget, ask for a reduced fee—you could save up to 10 percent.

### GO FOR ELECTRIC

An electric toothbrush removes significantly more plaque than a manual one does, studies have shown. Invest in a good model such as the Pursonic S450 Deluxe Plus with UV sanitizer (\$100; dentists recommend.com); cheaper bristles can be stiff and hurt your gums and teeth.



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free shipping,  
at dentists  
recommend.com  
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SCAN THE ELECTRIC  
TOOTHBRUSH TO  
PURCHASE IT. See page 4.

Sources: Timothy Chase, DMD, practicing partner at SmilesNY; Gayle Glenn, DDS, diplomate of the American Board of Orthodontics; Carolyn McClanahan, MD, founder of Life Planning Partners in Jacksonville, Fla.

DITCH THE ICK

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DID YOU KNOW?

Walking four times a week can strengthen your heart and help prevent such health problems as diabetes.

# Walk Off 10 Pounds —on a Treadmill!

WHETHER YOU'RE  
A LONGTIME  
TREADMILL FAN  
OR A NEWBIE,  
THIS HANDY GUIDE  
CAN GET YOU  
MOVING FASTER—  
AND SMARTER

*By Karen Asp*

# Five ways to stride right

OK, obviously you know how to walk: one foot, then the other. But using a treadmill is slightly different from strolling down the street.

## **Pay attention to posture.**

Pretend you have a string attached to your rib cage that's lifting you up; keep your shoulders back, abs engaged and head looking forward. Don't use the treadmill's handrails—that can throw your posture out of whack, making you move slower or even causing an injury. Plus, needing to hold on is usually a sign you're walking too fast for your ability. Instead, bend your elbows to 90-degree angles and pump your arms as you walk.

## **Tread lightly.**

Avoid pounding your feet, which could lead to shin splints and other injuries. To check this, turn off your music or the television every so often and listen to your foot strike (loud thuds: not a good sign). Also, be sure your left foot and right foot make similar sounds, meaning you're not favoring one side. To correct both issues, focus on rolling from your heel to your toes as you step.

## **Ditch the programs.**

Most treadmills come with preset programs, but operating it yourself is ideal. Why? The machine might decrease the settings (making your workout easier) before you're ready to give up. By controlling it manually, you can push yourself more.

## **Don't fear the incline.**

You don't have to run to boost your treadmill routine. Just add an incline, which mimics going up a hill and increases intensity without having to add speed. Progress slowly (by 0.5 percent, if possible), particularly if you're not used to it.

## **Mix it up.**

If you do the same workout all the time, your body will become so accustomed to it that you'll burn fewer calories—and you'll be more likely to get bored. To keep challenging yourself physically and mentally, play with how long you walk, how fast you go and what incline you're using.



### 'HOW I STAY MOTIVATED ON A TREADMILL'

*"It helps to visualize distances on the treadmill in a more concrete way. That mile, for instance, is only four laps around a track or the distance from my condo to the nearest Mexican restaurant with killer guac."*



Laura Arnold, 29,  
Cincinnati

## TREAD SMARTLY

Treadmills are safe, but accidents happen. In 2013, about 24,700 treadmill-related injuries required emergency medical care, according to the Consumer Product Safety Commission's injury surveillance system. Protect yourself with these strategies.

## Three easy workouts that deliver results

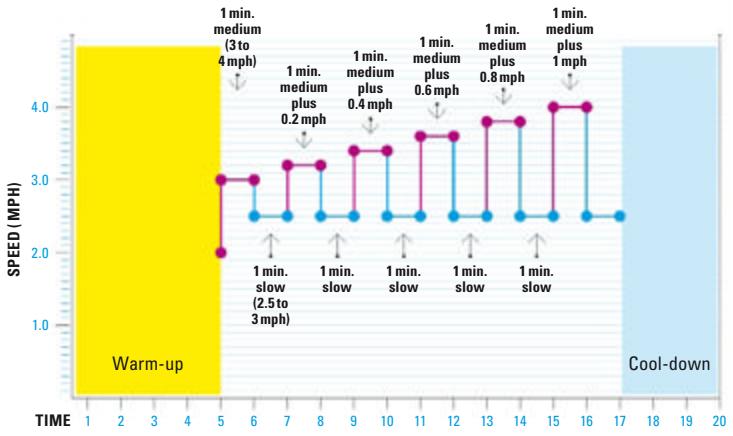
Do these three routines four times per week in the order below (Walk 1 on Day 1, Walk 2 on Day 2 and so on) so the difficulty gradually increases. Then cycle through them again. Combine this basic plan with a 1,500-calorie-per-day diet (see [allyou.com/treadmill-diet](http://allyou.com/treadmill-diet) for mix-and-match meals) and you could lose 10 pounds in a month!

### WALK 1 INTRO TO SPEED

TIME 17 to 20 minutes  
CALORIES BURNED About 100\*

BODY BENEFIT Turn up the burn while giving your legs a great workout.

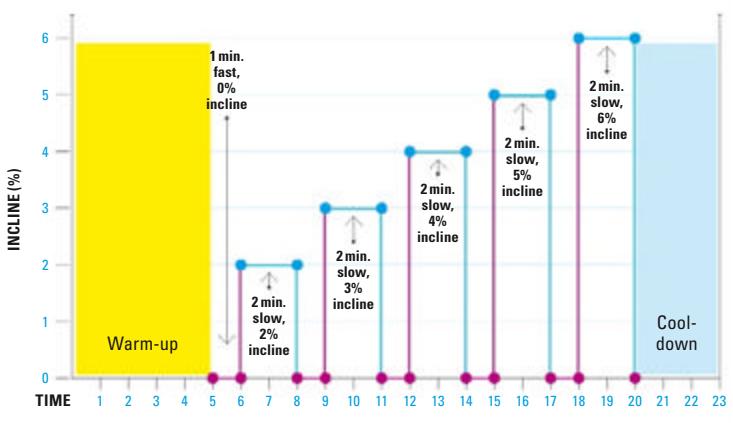
This walk alternates between fast and slow, gradually speeding up each interval until you're walking 1 mile per hour faster by the end.



### WALK 2 BUTT BUSTER

TIME 20 to 23 minutes  
CALORIES BURNED About 135  
BODY BENEFIT Slim down while toning your backside.

Alternate between a fast walk/jog (4 to 5 mph) and a slow walk (2 to 3 mph) on an incline.

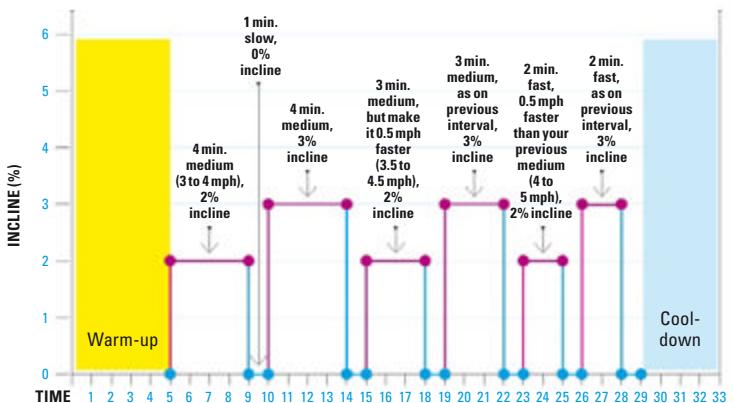


### WALK 3 ULTIMATE FAT BURNER

TIME: 29 to 33 minutes  
CALORIES BURNED: About 200  
BODY BENEFIT: Melt fat while strengthening everything from your core down.

Do a set of intervals that get shorter and just a little faster, with the perfectly matched incline.

\*Calorie burn estimates based on a 150-pound woman



### Don't forget to warm up!

Start each workout with a three- to five-minute warm-up and end with a two- to three-minute cool-down. For the warm-up and cool-down, walk at 2.0 to 3.0 mph with a slight or no incline.

### READY FOR A STEP UP? TRY THESE FUN ADD-ONS

Challenge your body with some advanced moves. Do these during your warm-up or interspersed in your workout—but only after you've spent several weeks getting comfortable on the treadmill.



#### SIDE SHUFFLE

**WHAT IT DOES** Tones inner thighs and hips and strengthens knees.

**HOW TO DO IT** Start from a regular walk at a speed of 2 to 3 mph. Grasping the left handrail, turn counterclockwise. Begin shuffle by repeating a side step. Avoid crossing feet over one another. Keep shoulders up and weight back on your heels, and stay in the middle of the treadmill. Repeat 20 to 30 seconds on each side, taking care to transition safely from one side to the other.



#### QUICK FEET

**WHAT IT DOES** Sculpts calves and strengthens ankles and feet.

**HOW TO DO IT** Keeping the treadmill at your regular walking speed, move your feet faster by taking quick, short steps on the balls of your feet. Do that for 15 seconds, then walk normally for 15 seconds. Repeat several times.

**USE THE SAFETY CATCH.** Most treadmills have one: a string that attaches you to the treadmill so that, if you fall, the string will bring the machine to a stop.

**PUT LOOSE OBJECTS IN THEIR PLACE.** If you have anything on the treadmill, such as a water bottle or an iPod, make sure it's in a stable spot so it doesn't bounce off and make you trip.

**LET IT GO.** People who fall tend to panic and grab the handrail while the belt is running. That can lead to scrapes and banged-up knees. Instead, let go and scoot off the back.

**MAKE SOME SPACE.** If you use a treadmill at home, don't cram it into a tight corner, where you'd get more banged up if you fell. At the gym, bypass a treadmill that fits right up against a wall.

# THE *all you* BOOK CLUB!

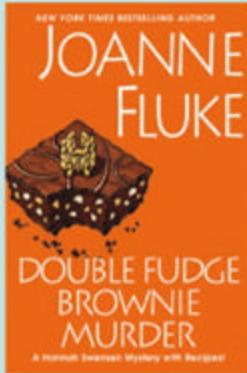
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## Check Out This Month's Picks!

### DOUBLE FUDGE BROWNIE MURDER

By Joanne Fluke!



Amateur sleuth & bake shop owner Hannah Swensen works to follow her heart and find a killer in this delicious mystery featuring

over 20 original recipes, including Maple Fudge Sandwich Cookies, Tangerine Dream Cake and, of course, Double Fudge Brownies.

• • • • •

"A great fun read that had me chuckling through the whole book."

—Vicky B., Bull Shoals, AR  
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#### 'HOW I STAY MOTIVATED ON A TREADMILL'

*"I pick a new Pandora station every mile. If you do this, choose ones with variety and put your favorite stations toward the end so you have something to look forward to."*



Meagan Bates, 24,  
Washington, D.C.

#### 'HOW I STAY MOTIVATED ON A TREADMILL'

*"I made a promise to myself to run at least one mile a day for a full 365 days. Once you get past the first 30 days, it's addictive. To help time fly, I listen to music or educational courses."*



Kim Shanahan, 45,  
Fort Leonard Wood, Mo.

## Your top treadmill questions



**Q: Is it better to go slower on a higher incline or faster at a lower incline?**

**A:** Your best bet: slower on a higher incline, because it taxes the glutes while still getting the heart rate up. But if you're new to the treadmill, start flat until you feel safe. Then add a little speed before progressing to inclines.

**Q: Is using a treadmill easier on your body than walking outdoors?**

**A:** Although treadmills provide a softer surface than pavement, they can actually be a little tougher on the body, because you're working harder to balance on a surface that's moving toward you. As a result, you wind up flexing your knees more—which can add more stress to the muscles from your hips down, increasing the risk of injury.

### Can you trust the calorie count on your treadmill?

→ **No.** Everyone burns calories at a different rate, so a machine can't accurately tally that for specific people. But it can be a good reference to show you how hard—or easy—you're working, especially if you're using the same treadmill every time. If you want a more accurate calorie count, consider using a heart-rate monitor, which can calculate your caloric burn based on your profile (including height, weight and age) in addition to your heart rate.



SCAN THE TREADMILL ON THIS PAGE TO SHOP FOR THE TREADMILLS ON THE NEXT PAGE. See page 4.

## HOW TO SHOP FOR A TREADMILL

Owning a treadmill might save you some serious cash. A gym membership costs, on average, \$46 per month, or \$552 per year, according to the International Health, Racquet and Sportsclub Association. A sturdy treadmill might cost as little as \$200 new (midrange models cost approximately \$400). However much you have in your budget, keep these shopping tips in mind.

1.

Follow the 10-minute rule: When you go shopping for a treadmill, wear workout clothes and test any model for at least 10 minutes. Ask yourself how it feels as you walk. Can you take a normal walking stride with the belt or does it feel like walking on concrete? Does the machine feel stable? How loud is it? Play with the speed and incline to see that everything works smoothly. If you absolutely can't try before you buy (maybe you're shopping online), check the company's warranty and satisfaction guarantee and make sure you can return it if you don't like it. You might even call the manufacturer and ask if there's a place nearby where you can try the treadmill before purchasing it.

2.

Look for basics: No matter which treadmill you buy, you'll want one that comes with an emergency stop button or safety catch. Then check that you can adjust speed and incline, perhaps up to 5 percent. Skip ones with fancy extras such as TV screens—those typically cost \$1,000 or more.

3.

Size it up: Don't just eyeball that treadmill to determine if it will fit your space. Instead, measure it from end to end, and don't forget to include the wheels and console. Allow for extra space around it. You also should consider its weight and whether your floor is strong enough to support it.

real life fitness \*

## Top machines that won't break the bank



### BEST DEAL

**Weslo Cadence G5.9**

\$287,  
[walmart.com](http://walmart.com)

It's basic but still has everything you need, including speeds up to 10 mph, an incline that goes to 6 percent, even a heart-rate monitor. After your workout, you can fold it up.



### QUIET TRAINER

**Merit 715T Plus**

\$450,  
[amazon.com](http://amazon.com)

The super-hushed motor means you can work out in the wee hours without disturbing others. This foldable unit goes up to 10 mph. Maximum incline is 5 percent.



### HILL MASTER

**Performance 300**

\$499,  
[proform.com](http://proform.com)

You adjust the incline (up to 10 percent) just by pressing buttons on the screen. This is our techiest pick, with workout apps, a fan and a sound system that's iPod-compatible.

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# Make Your Home a Losing Zone

Turn the house into slim-down central with these strategies to help you shed pounds—stat!

By Leslie Barrie  
Illustration by Martin Gee

## Display your dumbbells

Those weights won't help you get fit if they're sitting untouched in the garage. Instead, set them (or any exercise gear) somewhere visible, like by a television. The constant reminder is apt to motivate you. Try a few exercises with 5-pound weights in each hand during commercials.

## Consider a new color

If you're up for a fresh coat of paint in your dining area, think twice about using red, yellow or orange. Those hues have been shown to stimulate your appetite (notice the décor in many fast-food joints!).

## Set mood lighting

Dimming your lights helps you eat slower—which might keep you mindful of when you're full.

A study in *Psychological Reports* found that restaurant patrons ate about 18 percent less when the lights were low.

## DINING ROOM



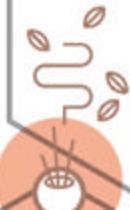
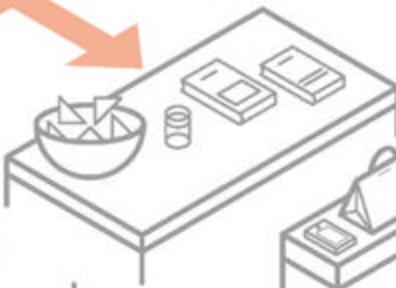
## Move your coffee table

Does your family love to munch while watching TV? Scoot your coffee table far enough away so that you can't grab anything off it. People opt for food more often when it's within arm's reach, research shows.

## LIVING ROOM

## Add scent to your space

It might sound crazy, but what you smell could affect your waistline. Research indicates that a peppermint aroma decreases hunger. One study found that people exposed to peppermint consumed 23 percent fewer calories during the course of a week.



## MORE SPACES TO SLIM



### FRONT DOOR

Enter your house here, instead of a door that leads you through the kitchen. People who pass through the kitchen tend to graze, eating 15 percent more than those who don't, a study found.



### BEDROOM

Always store clean workout clothes in the same place. That makes it easier to throw on your gear and go, rather than waste time searching your drawers (and causing you to lose interest in the whole thing).



### BATHROOM

Place a yoga mat next to your sink and do a set of crunches, or hold a plank before you shower. You'll wash off any sweat right away, and the mini workout could soon become part of your daily routine.

## KITCHEN

**Dust off Grandma's old china**  
Just as restaurant portions have ballooned, so have the sizes of our plates. Using a smaller dish can slash your calorie intake by about 22 percent without leaving you hungry, one study found.

**Hang produce-inspired art**  
Posters of healthy food in a dining room can get people to eat more fruit and vegetables and less meat, according to research from the behavioral sciences division of the U.S. Army. Look for attractive, inexpensive artwork on etsy.com.

**Think inside the lines**  
Another china trick: Use a plate with a border design. It visually shrinks the plate, so you'll likely serve yourself less food. (It's like how schoolkids instinctively don't want to go outside the lines!)

**Show off the right cookbooks**  
Most of us have a stash of cookbooks we've tucked away somewhere. Pick out a few that encourage cooking with lots of vegetables and other wholesome ingredients to help inspire you.

**Clear the counter**  
Put everything away when you get back from the market. People who display food (other than fruit) tend to weigh more. In a study, women who kept chips on the counter weighed 8 pounds more on average than women who didn't.

### All You REAL TALK

**Move healthy stuff forward**  
*"I came up with a way to trick myself into eating vegetables. I buy a variety of produce at my farmers market and wash and prep everything as soon as I get home. Then, I put it all into a gallon-size ziplock bag in front of my fridge. It's the first thing I see when I open the door, and it's already prepared. All I do is dump the veggies into a bowl, add dressing and eat."*

Valerie Benko, 34,  
Lyndora, Pa.



# Which Allergy Meds Are Right for You?

Most springtime sneezers know they've got allergies, but that doesn't mean they know how best to treat them. Drugstore aisles are stacked with pills, capsules, sprays, mists and drops—and that's before you even get to the prescription options. The upside of all those choices, though, is that there's no need to suffer. Start by figuring out how severe your symptoms are, then follow this step-by-step guide to find the most effective products.

By Aviva Patz

## Mild allergies



**SYMPOMTS** • ITCHY NOSE • WATERY EYES  
(MOSTLY OCCURRING WHEN YOU'RE OUTSIDE)

First off: It might sound like a no-brainer, but every allergy doctor will urge you to avoid exposure to pollen—produced by trees, grass, weeds and flowers—as much as possible during peak allergy hours (generally noon through late afternoon).

You can't stay inside all the time, of course, so pop an over-the-counter antihistamine such as Allegra, Claritin or Zyrtec every day before you head into the great outdoors. Such drugs work by blocking the effects of histamine, a chemical your body produces to attack pollen and other invaders that launch immune reactions, such as watery eyes and sneezes.

Which one should you pick? All antihistamines on the market work the same way, but people respond differently to each one. Trial and error is the only way to find the product that's best for you.

### Customize your cure

#### For a stuffy nose

- Consider using an antihistamine with an added decongestant—look for a D or the word *sinus* in the name. Decongestants relieve clogging by shrinking swollen tissues and blood vessels. (Don't take decongestants if you're pregnant or have hypertension.)

#### For itchy eyes

- Use OTC antihistamine eyedrops (Alaway, Zaditor).

#### If you need more

- Try using NasalCrom, a mild OTC nasal spray, a few hours before you're going to be outdoors. It keeps mast cells—which are like little land mines full of histamine—from releasing their symptom-causing goods.

## Moderate allergies



**SYMPOMTS** • SNEEZING AND RUNNY NOSE, EVEN INDOORS  
• SORE THROAT • TROUBLE SLEEPING

Still a mess after trying the basic advice above? Talk to an allergist or your primary care doctor about prescription-strength options. The doctor likely will recommend a nasal corticosteroid spray, to be used every day. Several studies have shown them to be more effective than oral antihistamines and to have fewer side effects (so you won't feel the urge to nap on your desk all day).

Nasal steroid sprays work by lowering inflammation. That reduces sneezing and relieves nasal stuffiness, an itchy, runny nose—even itchy, watery eyes. Try Nasacort Allergy 24HR or Flonase Allergy Relief, both of which used to be prescription-only but now are OTC meds. Or your doctor might prescribe Veramyst, a newer nasal steroid. Some doctors like it because its finer mist can reach clogged upper nasal passages.

## ALL YOU REAL TALK WHERE DO YOU SAVE ON ALLERGY DRUGS?



### TARGET

*"Target has the best deals when stacking coupons. You can use Ibotta rebates and Cartwheel, too."*

—Karen Schultz-Hess, 40,  
Green Bay, Wis.



### ANYWHERE

*"We look for generic options. For prescriptions, ask the doctor which ones work best that come in generic form."*

—Jenna Goodwin, 27,  
Nevada, Iowa

## Severe allergies



#### SYMPOMTS

- FREQUENT SNEEZING
- NONSTOP RUNNY NOSE OR CONGESTION
- RED, PUFFY, ITCHY EYES
- THROAT SO SORE AND ITCHY YOU THINK YOU'RE SICK

For people who have mild or moderate allergies, pollen season is mostly a nuisance. But if you've got severe allergies, the symptoms can consume your day-to-day life.

To get relief, first try the prescription treatments for moderate symptoms. If you're still feeling the pollen in a big way, talk to your doctor about immunotherapy, which exposes you to small amounts of allergens over time to build up tolerance. While drugs lessen symptoms, immunotherapy can treat them permanently.

Traditional immunotherapy involves weekly—or more frequent—shots for six to eight months, then a maintenance period of getting shots every month for a few years. But newer techniques can fast-track the relief. Rush immunotherapy, which means receiving multiple shots two or three days in a row, might ease symptoms in weeks. Some studies show that even very short-term immunotherapy—seven shots total before tree-pollen allergy season, for example—can help lower the sneeze factor.

And last year, the U.S. Food and Drug Administration approved oral immunotherapy pills for ragweed or grass allergies. The pills are more convenient than shots (just put one under your tongue and let it dissolve), but they're only for people who mainly suffer from a seasonal allergy to ragweed (a fall allergen) or certain grasses. (The shots can target multiple triggers at once.) You would need to begin taking the pills 12 weeks before the start of the allergen's season—so if you're allergic to grasses, which peak in summertime, start prepping now.

### Customize your cure

#### If you need more

- Allergists often double up, prescribing oral antihistamines in addition to nasal sprays. Start popping one antihistamine pill a day before allergy season begins so you can build up the drug in your system.
- Or your doctor might add Singulair, a prescription pill that's similar to an antihistamine. It relieves congestion by blocking leukotrienes, chemicals that are released with histamines as part of an immune reaction.

#### For itchy eyes

- Combat 'em with prescription eyedrops—Bepreve or Pataday—that combine antihistamines with mast-cell stabilizers for added symptom control.



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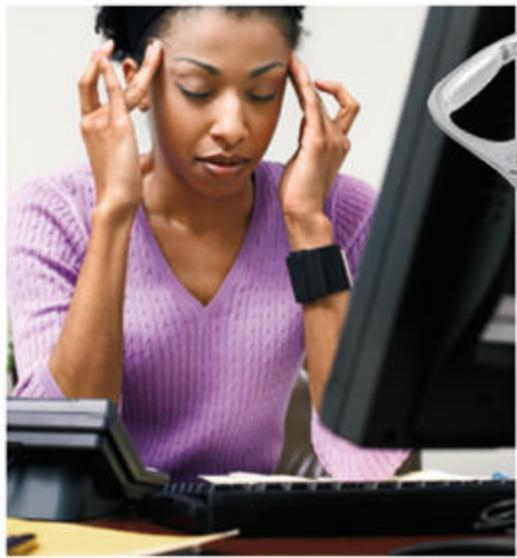
Cereal plus milk breakfast includes one serving of these Kellogg's cereals plus 1/2 cup of skim milk.  
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OUR EXPERT  
PAMELA PEEKE,  
MD

# Smart Health Advice

A top doc suggests easy ways to keep your body and brain at their best



## Get help for headaches

Nearly 20 percent of women in the United States suffer from migraines. If you're one of them, you have my sympathy. I know that the throbbing and splitting head pain,

the nausea and the sensitivity to light can be debilitating. To help prevent your migraines, your doctor probably will first suggest you make lifestyle changes such

This Cefaly headband isn't the latest fashion: It's designed to relieve migraines.

as practicing stress-reduction techniques and exercising regularly, and might even prescribe medicine that can help with the pain. You also may want to bolster your arsenal with a Cefaly band, a new FDA-approved device. The band, worn across the forehead for 20 minutes each day, electrically stimulates the brain's trigeminal nerve, heading off migraines. It might seem sci-fi, but a study in the journal *Neurology* found that the band reduced monthly migraine days by 30 percent.

## Can these little pills prevent cancer?

Taking a low-dose or regular-dose aspirin daily might reduce the risk of several types of digestive-tract cancers—including bowel, stomach and esophageal—by up to 35 percent, according to a large review of studies and trials published in the *Annals of Oncology*. This promising research comes after years of evidence that regular use of aspirin might lower the odds of stroke and heart attack in many adults.

Don't dash to the drugstore just yet, however. Like all drugs,

aspirin is not without risks. Because it has a blood-thinning effect, it can cause ulcers and gastrointestinal bleeding in some people and might be dangerous for those with a high risk of head injury (such as construction workers). What's more, its perks are most apparent in people 50 and older, and they don't kick in for several years.

**BOTTOM LINE:** Even though aspirin is an over-the-counter medication, don't decide on your own to take it regularly. Ask your doctor if a daily dose makes sense for you.



good to know \*



## The truth about e-cigs

**It's hard to quit smoking, and most smokers fail the first few times. Now some people are turning to e-cigarettes to try to wean themselves off nicotine. Research is divided, though, on whether the battery-powered devices, which heat liquid containing nicotine and release it in a vapor, help people quit. We don't have enough data on the devices' safety compared with traditional cigarettes to recommend them. Studies do show that nicotine replacements such as patches and gum—combined with counseling, medication or both—are more effective than attempting to quit cold turkey. For free resources, visit [smokefree.gov/explore-quit-methods](http://smokefree.gov/explore-quit-methods).**

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**VOID WHERE PROHIBITED.** Open to legal residents of the 50 U.S./D.C., 18+. Starts 2/23/15 at 12:00:01 AM EST & ends 4/5/15 at 11:59:59 PM EDT. To submit an entry, visit [www.frigocheeseheads.com](http://frigocheeseheads.com), or [www.superkidcontest.com](http://superkidcontest.com) during the Entry Period to access the Sweepstakes entry form. If you are a first time entrant register by providing your first name, last name, e-mail address, date of birth, and creating a password. After registering, you can enter by uploading a photo of your child, age 3 to 12 as of the last day of the entry period, striking his or her best superhero pose along with a photo title/caption. For subsequent entries you can access the entry process by providing your e-mail address and password. For Official Rules, go to [www.superkidcontest.com/rules](http://www.superkidcontest.com/rules). Limit one entry per person per day. Multiple First Prize drawing, see official rules. Odds of winning a First Prize or Grand Prize depend on the number of eligible entries received prior to the drawing date respective to the particular drawing. Sponsor: Saputo Cheese USA Inc., One Overlook Point, Suite 300, Lincolnshire Corporate Center, Lincolnshire, IL, 60695.

## Spring Awakening

Make the most of the season's best cooking, organizing and shopping ideas



### FRESH VS. FROZEN

March is Frozen Food Month, but don't be tempted by every discount you see. Although frozen fruits and vegetables are often cheaper than fresh ones, that's not always the case. See the chart at right to learn whether it pays to shop the freezer aisle or the farmers market.

	FRESH	FROZEN
ARTICHOKE	\$1.71	\$5.11
ASPARAGUS	\$1.83	\$4.18
BROCCOLI	\$1.84	\$1.47
SPINACH	\$3.92	\$1.51

Prices are per pound averaged over a year.  
Source: USDA Economic Research Service

### TACKLE THAT TUPPERWARE

Who doesn't have a kitchen cabinet with an avalanche of plastic storage containers? Now's the time to clean out the clutter. Start by matching lids and containers to identify any without mates. Don't ditch the orphans yet, though. Unmatched lids can be folded and used as scrubbers for nonstick pans (they work great!), as sink stoppers or as paint palettes for crafts.



### In every pot

The humble pot roast might be the season's hardest-working ingredient. You can serve it for St. Patrick's Day, Passover and Easter. Because roasts cook for hours, lean, inexpensive cuts do best, so don't splurge because it's a holiday. According to the USDA, chuck roasts and round roasts cost at least a dollar a pound less, on average, than brisket.

### Start a windowsill herb garden—and save

Did you know a basil plant can produce nearly \$80 worth of leaves each year? To start your own indoor garden, you need only seeds, soil and a few old coffee cans or plastic containers (another use for your old Tupperware). Most leafy herbs keep in the fridge for a week, wrapped in a damp paper towel and stored in a plastic bag. They freeze well, too.



### YOU SAID IT...

"My granny taught me an easy kitchen cleaning tip: Fill a large glass bowl with cold water and microwave it for 10 minutes. Open the door for 20 seconds, then continue microwaving for 5 minutes. Any food messes just wipe away."

Jennifer Etheridge, 29, Inverness, Miss.



THIS WEEK'S  
MENU



CHICKEN AND APPLE SALAD WITH ORANGE-MUSTARD VINAIGRETTE



TOMATO AND PEPPER STEW WITH EGGS



CUBAN PORK AND BLACK BEAN STEW



CHEESY PASTA WITH ROASTED CAULIFLOWER



EDAMAME AND SHRIMP BRUSCHETTA

FEEDING  
A FAMILY  
OF FOUR?

Salad	\$13.96
Stew	\$4.96
Stew	\$3.96
Pasta	\$8.32
Bruschetta	\$8.20
<b>TOTAL</b>	<b>\$39.40</b>

# 1 WEEK, 5 EASY MEALS

Take the stress out of dinner with simple, wholesome recipes and a one-stop shopping list

HEART-HEALTHY QUICK & EASY



M Tu W Th F

## Chicken and Apple Salad with Orange-Mustard Vinaigrette

PREP 15 min. / BAKE 5 min. / SERVES 4 / COST PER SERVING \$3.49

½ cup pecan halves

3 Tbsp. orange juice

2 Tbsp. white wine vinegar

2 tsp. grainy mustard

2 tsp. honey

2 Tbsp. minced shallot

½ cup olive oil

1 tsp. salt

4 cups chopped or sliced cooked skinless, boneless chicken, from a rotisserie bird

2 Granny Smith apples, cored and chopped or sliced

10 cups mixed salad greens

❶ Preheat oven to 350°F. Spread pecans on a baking sheet and toast, shaking sheet once or twice, until nuts are fragrant, about 5 minutes. Transfer to a plate to cool.

❷ Whisk together orange juice, vinegar, mustard, honey, shallot, olive oil and salt in a large bowl until well combined. Remove ¼ cup vinaigrette. Add chicken and apples to bowl with remaining vinaigrette and toss.

❸ Arrange greens on four dinner plates. Drizzle with reserved ¼ cup vinaigrette. Top with chicken mixture. Sprinkle with nuts and serve.

**PER SERVING** 636 Cal., 41g Fat (6g Sat.), 119mg Chol., 6g Fiber, 47g Pro., 23g Carb., 765mg Sod.

M Tu W Th F

## Tomato and Pepper Stew with Eggs

PREP 15 min. / COOK 40 min. / SERVES 4

COST PER SERVING \$1.24

- 2 Tbsp. olive oil
- 1 onion, finely chopped
- 1 green bell pepper, seeded and chopped
- Salt and pepper
- 2 cloves garlic, minced
- 2 tsp. paprika
- ½ tsp. cumin
- ¼ tsp. crushed red pepper
- 1 28-oz. can whole plum tomatoes, drained
- 4 large eggs
- ½ cup fresh parsley leaves, coarsely chopped
- Crusty bread, optional

1 Warm oil in a 10-inch skillet over medium heat. Add onion, sprinkle with salt and cook, stirring often, until softened, about 5 minutes. Stir in bell pepper and continue to cook, 5 minutes longer. Add garlic, paprika, cumin, red pepper and ¼ tsp. salt and cook, stirring, until vegetables are very tender, about 3 minutes longer.

2 Puree tomatoes in a blender or food processor. Stir into vegetable mixture, cover, turn heat to medium-low and cook, stirring occasionally, until sauce has thickened, about 15 minutes. Season with salt and pepper.

3 Carefully crack an egg into each quarter of the pan. Cover and cook until egg whites are set, 10 to 12 minutes. Sprinkle with parsley. Serve with crusty bread, if desired.

**PER SERVING** 199 Cal.,  
12g Fat (3g Sat.), 186mg Chol.,  
4g Fiber, 9g Pro., 16g Carb.,  
945mg Sod.

ONLY \$1.24 PER SERVING MEATLESS MEAL

## KITCHEN TIP

**Go green.**

To bump up the nutrients, stir in a few handfuls of baby spinach before adding the eggs.



SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.

**M Tu W Th F**

## Cuban Pork and Black Bean Stew

**PREP** 20 min. / **STAND** 8 hr.

**COOK** 7 hr. / **SERVES** 10

**COST PER SERVING** 99¢

- 1 lb. dried black beans
- $\frac{1}{2}$  cup tomato paste
- 3 cups low-sodium chicken broth
- 1 Tbsp. plus 2 tsp. grated orange zest
- $\frac{1}{2}$  cup orange juice
- 1 Tbsp. cumin
- 2 tsp. dried oregano
- 1 tsp. crushed red pepper
- 1 large onion, thinly sliced
- 6 cloves garlic, minced
- 2 lbs. boneless pork shoulder, cut into 3 large chunks
- Salt
- 2 Tbsp. canola oil
- Cooked rice, optional
- Sour cream, optional
- Lime wedges, optional

① In a large bowl, cover beans with cool water, then cover and soak overnight. (Alternatively, place beans in a large bowl and pour boiling water over them to cover, then soak for 1 hour.) Drain.

② In a large slow cooker, whisk together tomato paste, broth, 1 Tbsp. zest, juice, cumin, oregano, red pepper and garlic. Stir in beans and onion.

③ Sprinkle pork with salt. Warm oil in a large skillet over medium-high heat. Cook pork, turning with tongs, until brown on all sides, 8 to 10 minutes. Place pork on top of bean mixture in slow cooker. Cover and cook on low until beans are tender and pork is cooked through and easily shredded, 6 to 7 hours. Taste and adjust seasonings, if desired. Shred pork and stir into bean mixture along with remaining 2 tsp. zest. Serve with rice, sour cream and lime wedges, if desired.

**PER SERVING** 367 Cal., 13g Fat (4g Sat.), 54mg Chol., 12g Fiber, 28g Pro., 37g Carb., 648mg Sod.


**HIGH IN ANTIOXIDANTS SLOW-COOKER SUPPER**
**KITCHEN TIP**
**Use up leftovers.**

Fold extra pork and beans into tortillas with pepper Jack cheese and cook until cheese has melted.



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CANCER-FIGHTING INGREDIENTS **FAMILY FAVORITE**



M Tu W Th F

## Cheesy Pasta with Roasted Cauliflower

**PREP** 12 min. / **COOK** 20 min. / **SERVES** 6 / **COST PER SERVING** \$2.08

### Salt

- 1 small head cauliflower, cut into florets
- 3 Tbsp. olive oil
- 1 lb. penne
- 2 cloves garlic, minced
- 4 cups baby kale
- 1 cup heavy cream
- Zest and juice of 1 lemon
- ¼ tsp. crushed red pepper, optional
- 1 cup ricotta
- ¼ cup finely grated Parmesan

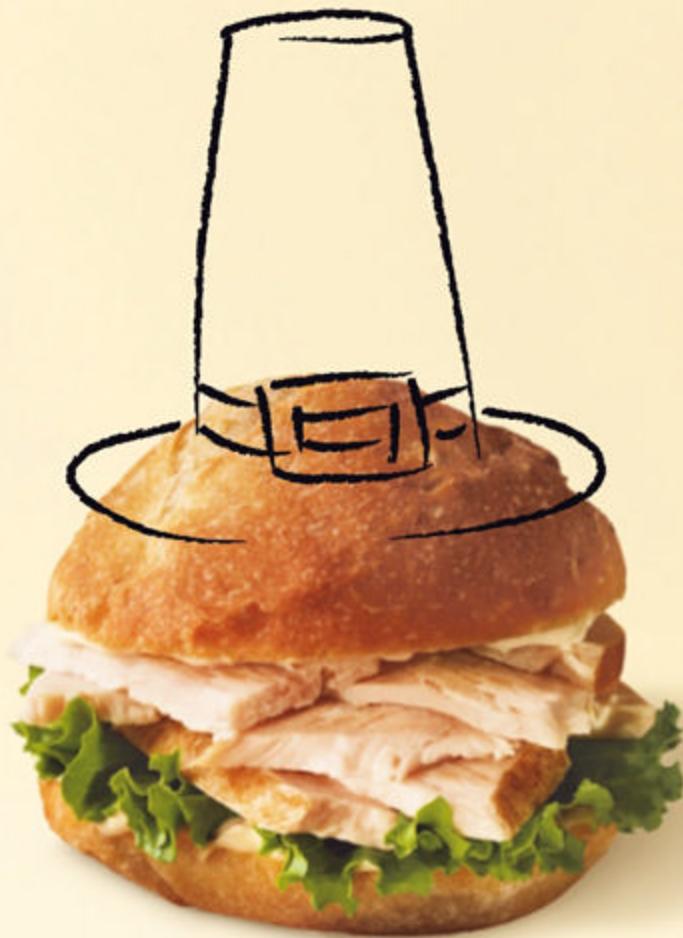
① Preheat oven to 400°F. Bring a pot of salted water to a boil. Line a baking sheet with heavy-duty aluminum foil. On sheet, toss cauliflower with 2 Tbsp. oil and sprinkle with salt. Roast until cauliflower is soft, 15 to 20 minutes, stirring once or twice while cooking.

② Cook pasta in boiling water until al dente, about 10 minutes or as package label directs. While pasta is cooking, warm remaining 1 Tbsp. oil in a large skillet over medium-high heat. Add garlic and sauté until fragrant, about 30 seconds. Add kale and cook, stirring, until wilted, 1 to 2 minutes. Reduce heat to medium-low and add cream, lemon zest and juice, ¼ tsp. salt and red pepper, if desired. Cook, stirring, until mixture is just bubbling, about 2 minutes.

③ Drain pasta, reserving ½ cup cooking water. Stir pasta into skillet to coat with sauce. Stir in cauliflower, ricotta and Parmesan. If mixture seems dry, stir in reserved cooking water 1 Tbsp. at a time to reach desired consistency. Season with salt and serve.

**PER SERVING** 613 Cal., 30g Fat (14g Sat.), 79mg Chol., 4g Fiber, 20g Pro., 67g Carb., 247mg Sod.





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READY IN 20 MINUTES TRY A NEW TASTE



M Tu W Th F

## Edamame and Shrimp Bruschetta

PREP 8 min. / BAKE 8 min. / SERVES 4 / COST PER SERVING \$2.05

### Salt and pepper

1½ cups frozen shelled edamame

¼ cup olive oil

1 clove garlic, minced

2 scallions, white and light green parts, chopped

2 Tbsp. lemon juice

½ lb. small cooked, peeled, deveined shrimp, chopped

½ tsp. lemon zest

8 slices whole-grain country bread, ½-inch thick

Fresh herbs, such as parsley, thyme and/or chives, chopped, optional

1 Bring a saucepan of lightly salted water to a boil. Add edamame and cook until soft but not mushy, 4 to 5 minutes. Drain and let cool slightly.

2 Pulse edamame, 2 Tbsp. olive oil, ½ tsp. salt, garlic, scallions and lemon juice in a food processor several times until coarsely pureed. Add water, a tablespoon at a time, until puree just comes together. Toss shrimp with 1 Tbsp. olive oil and lemon zest. Season with salt and pepper.

3 Place a rack 4 to 5 inches from heat source and preheat broiler. Brush bread slices with remaining 1 Tbsp. oil and sprinkle with salt. Spread in a single layer on a baking sheet. Broil until bread turns golden, watching carefully to prevent burning, 1½ to 2 minutes. Flip bread and toast other side until lightly golden, another minute or so. Spread edamame mixture on oiled side of bread, top with shrimp and herbs, if desired, and serve.

**PER SERVING** 459 Cal., 20g Fat (3g Sat.), 115mg Chol., 9g Fiber, 30g Pro., 41g Carb., 806mg Sod.

**allyou**

### Weekly meals shopping list

#### MEAT, FISH AND POULTRY

- 2 lbs. boneless pork shoulder
- ½ lb. small cooked, peeled, deveined shrimp
- 4 cups chopped or sliced cooked skinless, boneless chicken, from a rotisserie bird

#### FRUITS AND VEGETABLES

- 2 Granny Smith apples
- 2 lemons
- 3 oranges
- 1 small head cauliflower
- 10 cups mixed salad greens
- 4 cups baby kale
- 1 large and 1 medium onion
- 1 green bell pepper
- 2 scallions
- 2 Tbsp. minced shallot
- 11 cloves garlic
- ½ cup fresh parsley leaves

#### DAIRY

- 1 cup heavy cream
- ¼ cup finely grated Parmesan
- 1 cup ricotta
- 4 large eggs

#### OTHER

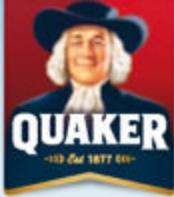
- ½ cup pecan halves
- 1 lb. dried black beans
- ½ cup tomato paste
- 3 cups low-sodium chicken broth
- 2 Tbsp. white wine vinegar
- 2 tsp. grainy mustard
- 1 lb. penne
- 1 28-oz. can whole plum tomatoes
- ½ cups frozen shelled edamame
- 8 ½-inch-thick slices whole-grain country bread

#### You also will need these items from your pantry

canola oil, crushed red pepper, cumin, dried oregano, honey, olive oil, paprika, pepper, salt



SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.



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The tastiest ideas—straight from your kitchen

# Readers' Favorite Recipes ALL UNDER \$10!

**Easter  
EDITION**



*"This dish has something in it that everyone in my family likes."*

—Crystal Sutton, 39,  
Lafayette, Ind.

Use any veggies left over from Easter dinner for an easy breakfast the next day!

## SAUSAGE, VEGETABLE AND EGG SCRAMBLE

COST PER SERVING \$1.48

PREP 12 min. / COOK 30 min.

SERVES 4

- 2 medium Yukon gold potatoes, peeled, cut into  $\frac{1}{2}$ -inch dice
- Salt and pepper
- 2 Tbsp. unsalted butter
- 6 oz. smoked sausage, sliced  $\frac{1}{4}$ -inch thick
- $\frac{1}{2}$  medium onion, chopped
- $\frac{1}{2}$  medium green bell pepper, seeded, chopped
- 1 $\frac{1}{2}$  cups sliced mushrooms
- 6 large eggs
- $\frac{1}{4}$  cup whole milk

① Place potatoes and 2 tsp. salt in a large, deep skillet and cover with cold water by 1 inch. Bring to a boil over high heat, reduce to a simmer and cook until potatoes are just tender, about 8 minutes. Drain. Wipe out skillet.

② Melt butter in same skillet over medium heat. Add sausage. Cook, stirring occasionally, until browned on both sides, about 3 minutes. Using a slotted spoon, remove to a bowl. Add vegetables to skillet; season with salt and pepper. Cook over medium heat, stirring occasionally, until mushrooms have browned and vegetables are tender, about 8 minutes.

③ Whisk eggs with milk in a medium bowl; season with salt and pepper. Add sausage and potatoes to vegetables in skillet and stir to combine. Pour in egg mixture and cook, stirring constantly, until eggs are set but still creamy, about 1 minute. Serve immediately.

**PER SERVING** 346 Cal., 24g Fat (11g Sat.), 320mg Chol., 3g Fiber, 18g Pro., 16g Carb., 535mg Sod.

### Keep warm.

If the eggs are done before you're ready to eat, pop the (ovenproof) skillet in the oven on low heat to buy some time.



*"This dish is delicious, easy to prepare and fancy enough to serve to company."*

—Melissa Placzek, 43, Red Wing, Minn.

Share your favorite affordable family recipe and you might get featured. Visit [allyou.com/your-food](http://allyou.com/your-food).

## HAM WITH SPICED CHERRY SAUCE

COST PER SERVING \$2.48 / PREP 5 min. / COOK 10 min. / SERVES 4

- $\frac{3}{4}$  cup cherry preserves
- 2 tsp. red wine vinegar
- 2 tsp. grated orange zest
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{8}$  tsp. ground cloves
- $\frac{1}{16}$  tsp. salt
- 1 fully cooked ham steak (about 1 $\frac{1}{4}$  lbs.)
- 1 Tbsp. unsalted butter

① In a small saucepan, combine preserves, vinegar, orange zest, cinnamon, cloves and salt. Bring to a simmer

over medium high heat, stirring until sauce is well combined, about 2 minutes. Remove from heat and keep warm.

② Pat ham dry with paper towels. In a large skillet, melt butter over medium heat. Add ham and cook until lightly browned and heated through, 3 to 4 minutes per side.

③ Transfer ham to a serving platter, drizzle with cherry sauce and garnish with orange

zest, if desired. Serve any remaining sauce on the side.

**PER SERVING** 353 Cal., 9g Fat (4g Sat.), 71mg Chol., 1g Fiber, 28g Pro., 40g Carb., 1,835mg Sod.

### Dress it up.

To make your Easter platter look more festive, top the ham steak with broiled orange slices. Just lay  $\frac{1}{2}$ -inch slices on a greased sheet pan, sprinkle with a touch of sugar and broil until lightly brown.



SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 4.



## BANANA-OATMEAL BREAD

**COST PER SERVING** 67¢ / **PREP** 20 min. / **BAKE** 1 hr. / **SERVES** 12

**2** cups all-purpose flour  
**1** tsp. baking soda  
**1** tsp. baking powder  
**½** tsp. salt  
**3** very ripe bananas, mashed  
**¾** cup packed brown sugar  
**1** large egg  
**3** Tbsp. vegetable oil  
**1** Tbsp. grated orange zest  
**1** cup chopped walnuts  
**¾** cup semisweet chocolate chips  
**½** cup rolled oats

**①** Preheat oven to 350°F. Grease and flour a 9-by-5-inch loaf pan. Whisk flour, baking soda, baking powder and salt in a medium bowl.  
**②** In a large bowl, using an electric mixer on medium speed, beat together bananas, sugar, egg, oil, orange zest and ½ cup water until thoroughly combined, about 3 minutes. Reduce mixer speed to low and add flour mixture in 2 batches, beating after each

addition until just combined. Scrape down sides of bowl.  
**③** Stir in walnuts, chocolate chips and oats. Pour batter into loaf pan and bake until bread is golden brown and a skewer inserted into center comes out clean, about 1 hour. Cool loaf in pan on a wire rack for 10 minutes, then remove from pan and let cool completely.  
**PER SERVING** 318 Cal., 14g Fat (3g Sat.), 16mg Chol., 3g Fiber, 5g Pro., 47g Carb., 319mg Sod.

## EASTER NOODLE PUDDING (PASTERIA)

**COST PER SERVING** 58¢

**PREP** 16 min. / **BAKE** 45 min.  
**SERVES** 8

**12** oz. wide egg noodles  
**7** large eggs  
**2** cups sugar  
**1** cup milk  
**4** Tbsp. (½ stick) unsalted butter, melted and cooled  
**2** tsp. vanilla extract  
**1** tsp. salt

**①** Preheat oven to 350°F. Bring a large pot of water (without salt) to a boil and cook noodles until done, 7 to 8 minutes or as package label directs. Drain and rinse under cold water until cool. Drain again.

**②** In a large bowl, whisk together eggs, sugar, milk, butter, vanilla and salt until well combined. Stir in noodles.

**③** Mist a 9-by-13-inch baking dish with cooking spray and pour in noodle mixture, spreading evenly. Bake, uncovered, until top is golden brown and center is set, about 45 minutes. Let stand for 5 minutes before serving.

**PER SERVING** 494 Cal., 13g Fat (6g Sat.), 230mg Chol., 2g Fiber, 13g Pro., 83g Carb., 380mg Sod.

### Prep in advance.

The finished dish may be refrigerated for up to 3 days. On the day of, bring to room temperature, then reheat in the oven before serving.

### Add more crunch.

Want an extra-crispy top? Toss crushed corn flakes with melted butter and scatter over the noodles before baking.

### Go nuts.

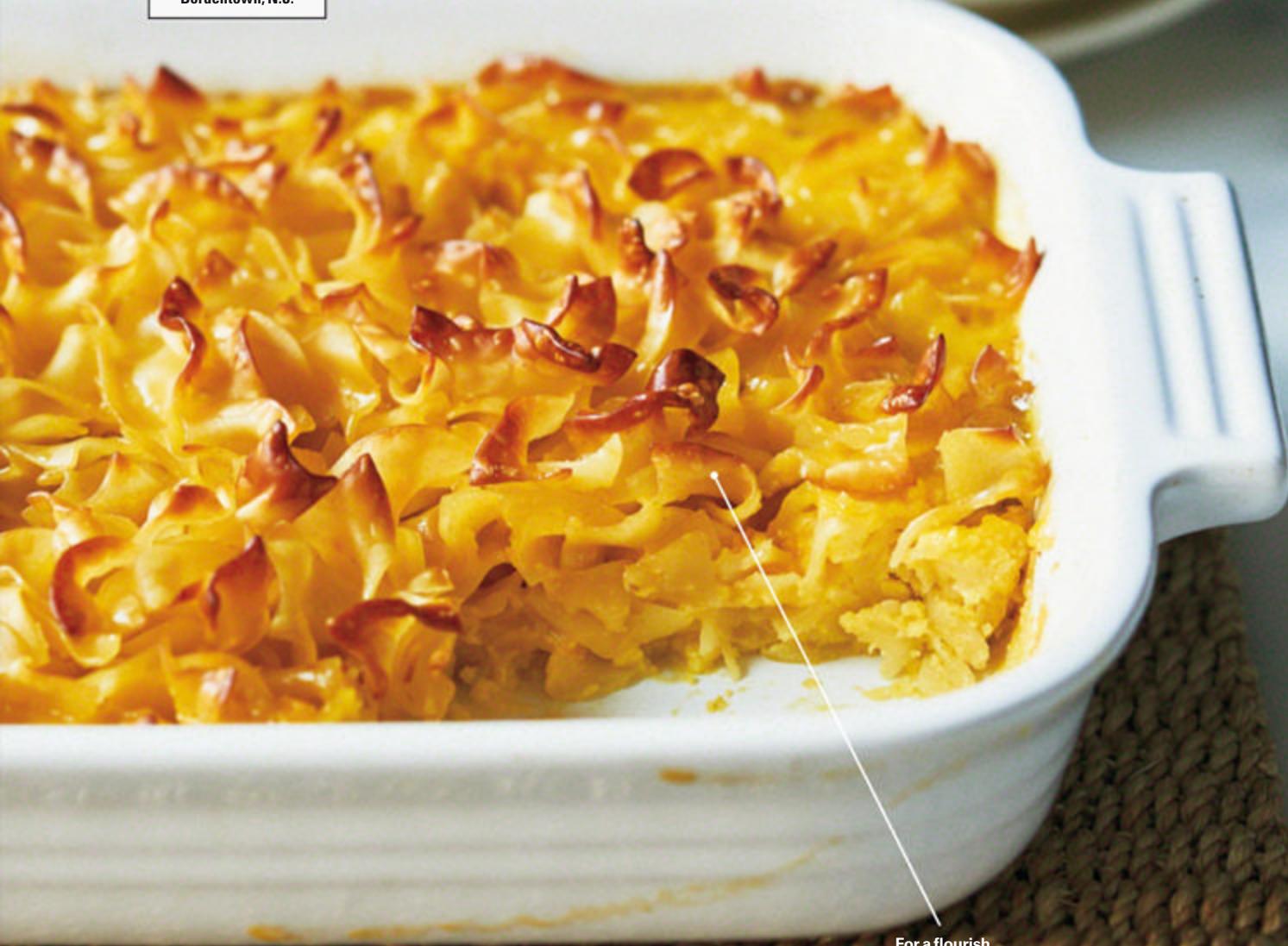
Get more variety with each bite by tossing toasted, chopped almonds or walnuts into the noodle mixture. Raisins also work well.





*"My great-aunt  
Olga taught me  
to make this dish  
when I was just  
5 years old."*

—Courtney Haas, 25,  
Bordentown, N.J.



For a flourish,  
add a dash of  
cinnamon to the  
top of each piece.

# 1/GREAT CUPCAKE RECIPE

# 5/SWEET SPRING DESIGNS

## THE BATTER

**COST PER CUPCAKE** 20¢  
**PREP** 15 min. / **BAKE** 20 min.  
**YIELDS** 12 cupcakes

**6** Tbsp. unsalted butter,  
at room temperature  
**1/4** cup sugar  
**2** eggs  
**1** tsp. vanilla extract  
**1** tsp. baking powder  
**3/4** tsp. salt  
**1 1/2** cups all-purpose flour  
**2/3** cup milk

- ① Preheat oven to 350°F. Line a muffin tin with paper liners.
- ② Using an electric mixer, cream butter and sugar at medium-high speed until fluffy, about 3 minutes. Beat in eggs 1 at a time. Add vanilla, baking powder and salt at low speed. Blend in  $\frac{1}{2}$  of flour, then milk, then remaining flour until just combined.
- ③ Spoon batter into prepared cups. Bake until a tester inserted into middle of a cupcake comes out clean, about 20 minutes. Let cool completely before decorating.

**PER CUPCAKE (CAKE ONLY)**  
176 Cal., 7g Fat (4g Sat.), 52g Chol.,  
0g Fiber, 3g Pro., 25g Carb., 97mg Sod.

① Top cupcakes with store-bought vanilla frosting.

② Cut 1-inch pieces from colorful licorice laces to make antennae.

③ Add 2 jelly fruit slices for wings.

④ Use a sour gummy worm for the body.

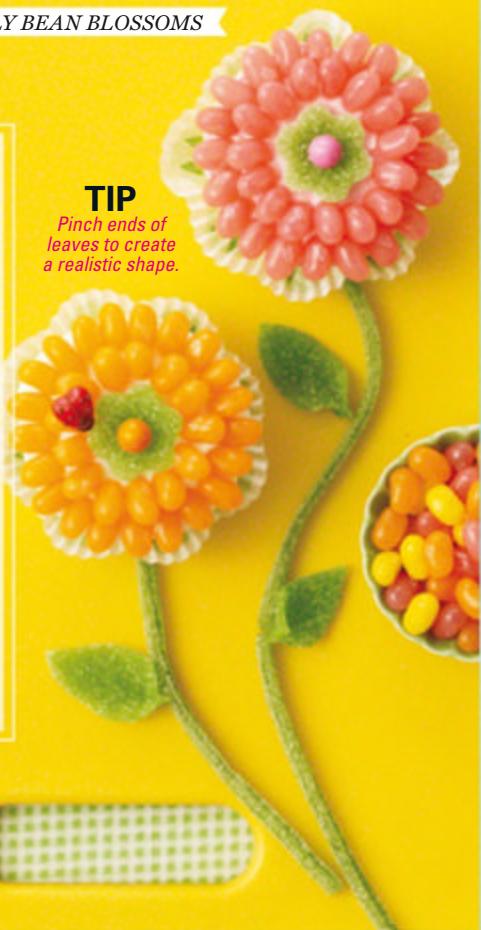


## JELLY BEAN BLOSSOMS

- Top cupcakes with pink- or orange-tinted frosting.
- Use a small flower-shaped cookie cutter and scissors to cut flowers and small leaves from green sour-belt candies.
- Put a green flower in center of each cupcake. Create petals with rings of pink or orange jelly beans.
- Attach candy-coated chocolates to center of each flower with a dot of frosting.
- Use green sour straws as flower stems, and place leaves along stems.

**TIP**

*Pinch ends of leaves to create a realistic shape.*



## BUNNY COOKIE CUPCAKES

- Spread vanilla frosting on cupcakes. Roll edges in coconut dyed with green food coloring.
- Make frosting for cookies by mixing 2 cups confectioners' sugar, 2 Tbsp. egg-white powder and 3 Tbsp. warm water. Tint with red food coloring.
- Spread colored frosting on bunny-shaped cookies, and sprinkle top with light or dark pink decorating sugar to coat.
- Attach flower décors to cookies with dots of frosting.
- Press a cookie on top of each cupcake.

**Find the recipe at [allyou.com/bunnycookies](http://allyou.com/bunnycookies).**



## BUNNY FACE CUPCAKES

**TIP**

*Insert a pretzel stick into short end of a marshmallow ear and stick into cupcake to make ear stand up.*



- Top cupcakes with vanilla frosting. Roll tops of cupcakes in coconut to cover.
- Cut large marshmallows in half crosswise, and press cut side into pink sugar to make ears.
- Cut mini marshmallows in half crosswise to make cheeks.
- Pipe small dots of frosting, and attach mini M&M's for eyes, heart-shaped candy for the nose and mini marshmallows for cheeks.
- Cut licorice into 1½-inch pieces and insert as whiskers.

## SPICE DROP BOUQUETS

- Spread vanilla frosting on cupcakes.
- Combine 3 spice drops together, and use rolling pin to flatten drops to ¼-inch thickness. Repeat with remaining drops.
- Using cookie cutter or scissors, cut flowers from rolled-out drops. Cut leaves from flattened green drops.
- Arrange 3 to 6 flowers on each cupcake, along with several leaves.
- Pipe a dot of frosting in center of each flower, then top with a nonpareil.

**TIP**

*Coat spice drops in colored decorating sugar to prevent them from sticking to the rolling pin.*

2015

# SNACK STARS

HEALTHY

SATISFYING



CHEW ON THIS: All You editors nibbled on 151 snacks in search of ones that are tasty, portable and more healthy than junky. CAUTION: DON'T READ WHILE HUNGRY!

CRUNCHY

SWEET



## Snack standards

Each of our winners had to meet the following criteria.

- Fewer than 250 calories per serving
- 0 grams of trans fat per serving
- 480 milligrams of sodium or less per serving
- At least 8 percent of the recommended daily requirement of at least one significant nutrient—such as fiber, iron, protein or vitamin C—per serving
- No high-fructose corn syrup, fake sweeteners or lots of added sugar
- No partially hydrogenated oils or anything that sounds like part of a science project

SCAN THE CHOCOLATE PUDDING TO BUY THE PRODUCTS ON THESE PAGES. See page 4.





#### LARABAR RENOLA: COCOA COCONUT

The goodness of cocoa nibs, almonds, pecans, cashews and sunflower and pumpkin seeds, plus toasted coconut, with a bit of cocoa powder to soothe that chocolate craving—all in a convenient pouch.

\$1.80 FOR A 1.18-OZ. PACK;  
AT SUPERMARKETS  
AND TARGET.



#### DID YOU KNOW?

Eating nuts can help lower LDL ("bad") cholesterol and might reduce heart-attack risk.



#### THIS BAR SAVES LIVES: VANILLA, ALMOND AND HONEY

This vanilla-flavored bar is a tasty way to do good. For every one you buy, the company donates a packet of food to a child suffering from (or in danger of) malnutrition. Win-win.

\$2.50 FOR A 1.5-OZ. BAR;  
AT NATURAL FOOD  
STORES.



#### WONDERFUL PISTACHIOS: SWEET CHILI

A little spice, a little sweetness—our testers loved this upgrade to already-delicious pistachios. Plus, they're in the shell, so you have to eat them slowly.

\$6 FOR A 7-OZ. PACKAGE;  
AT SUPERMARKETS.



#### SAHALE SNACKS: MANGO TANGO

If you're looking for some heat, try this spicy mixture of almonds, peanuts and lime-infused dried mango. Each bite has a kick.

\$1.75 FOR A 1.5-OZ. BAG; AT  
COSTCO, 7-ELEVEN AND WALMART.



#### BEAR NAKED FIT GRANOLA: V'NILLA ALMOND

Vanilla flavor sets this crunchy, nutty granola apart from the rest. It's one of the tastiest ways we know of to get 10 percent of your recommended daily fiber.

\$4.50 FOR A 12-OZ. BAG;  
AT SUPERMARKETS.



# NUTTY



#### KIND BAR: CARAMEL ALMOND AND SEA SALT

Caramel and salt come together to make this nutty bar taste like an indulgent treat. It's loaded with fiber and protein.

\$2 FOR A 1.4-OZ. BAR;  
AT SUPERMARKETS, TARGET  
AND WALMART.



— 2015 —  
**SNACK STARS**



**BEANITOS**

These crunchy chips, made from protein-rich black beans, are baked in small batches, flash-fried in sunflower oil and then finished with a dusting of sea salt.

\$3.50 FOR A 6-OZ. BAG; AT SUPERMARKETS.



**SMARTFOOD DELIGHT:  
WHITE CHEDDAR**

Lusciously cheesy popcorn for just 35 calories per cup. So tasty, and you don't even have to feel guilty about licking the cheese off your fingers.

\$4 FOR A 6.5-OZ. BAG;  
AT SUPERMARKETS.



**TERRA CHIPS:  
BEAUREGARD SWEETS**

This new Terra flavor is bursting with naturally bright-orange Beauregard sweet potatoes. The chips are GMO- and gluten-free.

\$3.90 FOR A 5-OZ. BAG;  
AT WHOLE FOODS.



**NEWMAN'S OWN  
THIN PRETZEL STICKS**

Any kid would love to find these classic pretzels in his lunch box.

(Let's face it: so would most adults.) Great plain, or offer peanut butter as a dip.

\$3 FOR A 7-OZ. BAG;  
AT NATURAL FOOD STORES.

**DID YOU  
KNOW?**  
Sweet potatoes  
are high in beta-  
carotene, which  
helps boost  
immunity.



**HARVEST SNAPS  
SNAPEA CRISPS: CAESAR**

Who knew eating your vegetables could be so much fun? These crunchy peas are packed with fiber, protein and zesty flavor.

\$2.30 FOR A 3.3-OZ. BAG; AT SUPERMARKETS.



# America's favorite snack? Potato or tortilla chips— or, ultimately, anything crispy!



## STACY'S PRETZEL THINS: HONEY DIJON

Snack on an amazing combination of pretzels and mustard, without the mess. To amp things up, top with a slice of cheese.

\$4 FOR A 7-OZ. BAG;  
AT SUPERMARKETS.



# CRUNCHY



## ANGIE'S BOOM CHICKA POP: MAPLE SEA SALT POPCORN

Don't wait for a movie at a theater: This is a great combination of salty, sweet and crunchy. Bonus points because it's made with organic corn.

\$3.70 FOR A 3.5-OZ. BAG;  
AT SUPERMARKETS.



## HALFPOPS: CHIPOTLE BARBEQUE

If barbecue potato chips and not-quite-popped popcorn kernels got together, this would be the result.

Salty, tangy and satisfying.

\$4 FOR A 6-OZ. BAG;  
AT NATURAL FOOD STORES.



## KETTLE CHIPS: PEPPERONCINI

If you're a salt-and-vinegar fan, you're apt to love these crunchy, non-greasy chips, which pack some bell-pepper flavor.

\$3.50 FOR AN 8.5-OZ. BAG;  
AT SUPERMARKETS.



## PIPCORN MINI POPCORN: TRUFFLE

Popped in small batches by hand, these itty-bitty white truffle-seasoned kernels would be a great treat when you have friends over for movie night. And the tiny hulls are less likely to get stuck in your teeth.

\$6 FOR A 4-OZ. BAG; PIPSNACKS.COM.



SCAN THE SWEET POTATO CHIPS TO BUY THE PRODUCTS ON THESE PAGES. See page 4.



#### SIGGI'S YOGURT: VANILLA

Skyr, a thick and creamy yogurt native to Iceland, provides everything people love about flavored Greek yogurt, without as much sugar. Our testers loved the rich but not-too-sweet vanilla flavor.  
\$1.80 FOR A 5.3-OZ. CUP; AT SUPERMARKETS.



#### DANNON CREAMERY PUDDING: DARK CHOCOLATE

How can a big, decadent container of rich chocolate pudding be considered a healthful snack? With a blissfully short ingredient list, 12 percent of your recommended daily protein, 20 percent of your daily calcium and 15 percent of your daily iron.

\$1.70 FOR A 5.3-OZ. CUP; AT GROCERY STORES.



#### TRIBE CLASSIC HUMMUS

You get a generous portion of hummus and a bag of crunchy pita chips for dunking, all in a convenient little can. This snack is sure to keep you full until your next meal.

\$3 FOR A 2.75-OZ. CONTAINER; AT SUPERMARKETS.



#### STONYFIELD PETITE CRÈME: VANILLA

Modeled on fromage blanc, a popular silky-sweet French cheese, this creamy treat is a guilt-free indulgence—with 15 percent of your recommended daily calcium intake.  
\$1.90 FOR A 5.3-OZ. CUP; AT SUPERMARKETS.

# FRUIT & VEGETABLE



## SMUCKER'S FRUIT-FULLS: APPLE

With no added sugar, this convenient, fruity product is for kids—supposedly.  
\$1 FOR A 4-OZ. POUCH; AT SUPERMARKETS.



## WHOLLY GUACAMOLE MINIS: SPICY HOMESTYLE

Full of creamy chunks of avocado, this guacamole tastes homemade. Pair a cup with some chips or sliced vegetables for a well-portioned, satisfying snack.  
\$4 FOR A 2-OZ. CUP; AT SUPERMARKETS.



## PEELED MANGO STAYCATION

Say goodbye to standard nut mixes and reach for this fruity mix instead: It's packed with dried bananas and mangos, almonds, dark chocolate, cashews, raisins and peanuts.

\$7 FOR A 6-OZ. BAG; AMAZON.COM.

## DID YOU KNOW?

The good fats in avocados can help whittle your waist by making you feel fuller longer.



SCAN THE GUACAMOLE TO BUY THE PRODUCTS ON THESE PAGES. See page 4.



#### EMMY'S MACAROONS: COCONUT VANILLA

Vegan, raw and gluten-free but also decadent and delicious? Yes, it's possible! Plus, the macaroons are so rich with coconut and vanilla flavor, a little goes a long way.

\$3 FOR A 2-OZ. BAG;  
AT NATURAL FOOD STORES.



#### BARE COCONUT CHIPS: SIMPLY TOASTED

Sneak away to the tropics at snack time with these crunchy little flakes. Enjoy them right out of the resealable bag, or sprinkle them atop yogurt or fruit.

\$2.50 FOR A 1.4-OZ. BAG;  
AT SUPERMARKETS,  
TARGET AND WALMART.

#### PURE ANCIENT GRAINS BAR: VANILLA ALMOND

This crispy, chewy snack tastes remarkably similar to a certain marshmallowy cereal treat that's a big favorite among kids and adults alike. But it's organic, gluten-free and full of good-for-you grains and seeds including amaranth and hemp.

\$2 FOR A 1.23-OZ. BAR; AMAZON.COM.



#### SAMBАЗОН ACAI BOWL: STRAWBERRY-BLUEBERRY

Superfruit acai (pronounced ah-sah-EE) combines with strawberries and blueberries in a tangy sorbet, topped with nutty granola. Sweet and luscious, it packs 20 percent of your recommended daily fiber.

\$4.50 FOR A 4.75-OZ. CONTAINER;  
AT NATURAL FOOD STORES.



SWEET



#### KASHI CRUNCHY GRANOLA AND SEED BARS: CHOCOLATE CHIP CHIA

Get your omega-3s in with these crunchy bars, which are loaded with trendy chia seeds and whole grains. Because of the chocolate chips, you might entice the kids to enjoy them, too.

\$4 FOR 5 2-BAR (1.4-OZ.)  
POUCHES;  
AT SUPERMARKETS.





#### FIELD TRIP BEEF JERKY

This protein-rich, savory jerky doesn't have lots of sodium, nitrites or preservatives.

\$6.50 FOR A 2.2-OZ. BAG;  
AT SUPERMARKETS  
(AND ON JETBLUE FLIGHTS).



#### JUSTIN'S SQUEEZE PACK: MAPLE ALMOND BUTTER

Justin himself says this is his favorite of his nut butters. It has just the right touch of sweetness, plus fiber to keep you full. Squeeze the almond butter on an apple or banana, or right into your mouth (we won't judge).

\$1.29 FOR A 2-TBSP. PACK;  
AT SUPERMARKETS.



#### BARKTHINS: DARK CHOCOLATE ALMOND

Thin slivers of dark chocolate studded with chopped almonds and a touch of sea salt—hello, antioxidants and iron. Did we mention chocolate?

\$5 FOR A 4.7-OZ. BAG;  
AT COSTCO, STOP AND  
SHOP AND TARGET.



#### SARGENTO BALANCED BREAKS: NATURAL WHITE CHEDDAR, CASHews AND RAISINS

Protein-packed with sharp Cheddar, sea-salted cashews and a raisin medley, this snack can get you through an afternoon energy slump.

\$3.70 FOR 3 4.5-OZ.  
CONTAINERS; AT  
SUPERMARKETS.



**TREND ALERT!**  
Chia and acai showed up in several of the snacks we tested. Looks like those superfoods are going mainstream.



#### BELGIOIOSO SNACKING CHEESE: FRESH MOZZARELLA

Take a break from the usual string cheese with these bite-size, ultra-creamy mozzarella balls. They're plenty decadent on their own, or pair them with fruit or whole-grain crackers.

\$6 FOR 6 1-OZ. PACKAGES;  
AT CLUB STORES AND SUPERMARKETS.



OUR PANEL  
RATED THESE  
THE HIGHEST  
OVERALL

EDITORS'  
PICKS



## Finally, 100% natural lunchmeat that's 100% delicious.

Hillshire Farm Naturals. Slow roasted and perfectly spiced. With absolutely no artificial ingredients or preservatives. You'll love how it tastes or we'll eat the costs.

Visit [hillshirefarm.com/guarantee](http://hillshirefarm.com/guarantee) for details.

Offer valid in USA, 18+ from 2/1/15 – 4/30/15. If we "Eat it": Limit 1 refund (up to \$6.00) per household. Offer good only with a qualifying purchase of a Hillshire Farm Naturals 8oz product. Void where prohibited.





OUR EXPERT  
BETH LIPTON

# Smart Food Advice

Helpful tips from our food director to make your life easier and tastier

## Try it on rye

When making toast or a sandwich, many of us reach for whole-wheat bread, because it offers more nutrients than white. But it's not the only healthful option. If you enjoy the savory tang of rye bread, go for it. Rye has more fiber than whole-wheat, and fiber can help regulate appetite. In fact, research has shown that having rye bread at breakfast can help you feel less hungry both before and after lunch. Look for whole-grain rye bread to get the most benefits. As for seeded or not, that comes down to personal preference. The seeds are usually caraway, which have a pungent, licorice-like flavor and add a touch of fiber.



## FIND THE MISSING LINK

With so many types of sausage on the market—artisan Tofurky spinach pesto links, anyone?—it can be tough to choose, and confusing names don't help. If your recipe calls for sweet Italian sausage, don't reach for the chicken-apple variety. *Sweet* in this case means the sausage is mild. It's usually made from pork and seasoned with garlic and fennel seed. Hot Italian sausage is similar but also is flavored with hot peppers. The two are interchangeable; simply choose depending on your family's preference.

## Save that pickle juice!

Love snacking on pickles? Then you know that sinking feeling when you twist your fingers into the jar to grab the last one. Next time, consider this: You don't have to toss all that delicious brine. You can repurpose it in a surprising number of ways.

**MAKE DRESSING**  
Instead of vinegar or citrus juice, whisk pickle brine with olive oil to make a tangy dressing for salad or steamed vegetables.

**TAKE A DIP**  
Wake up your favorite hummus or bean dip recipe with a few spoonfuls of pickle brine.

**53**  
Number of days, on average, before an American household buys a new jar of pickles

Source: Pickle Packers International

**PICKLE AGAIN**  
Chop up carrots, small cauliflower florets, radishes—and, yes, cucumbers—and add them to the jar with the brine. Cover and refrigerate, and within a day or so, you'll have more pickles. The longer they sit, the more pickled they'll be.

**RAISE THE BAR**  
Add a few spoonfuls of pickle brine to Bloody (or virgin) Marys for a twist on a classic.

**TOSS IT IN**  
Mix pickle brine into mayonnaise and add to your favorite potato, pasta or tuna salad.





#packattack

BRIGHT IDEAS FOR SPRUCING UP YOUR SPACE AND STRETCHING EVERY DOLLAR

## When It Pays to Rent

### CAMPING GEAR

Planning a one-time outdoor adventure? A quality, two-person backpacking tent retails for at least \$200. You can rent one for three days at an outfitter such as REI or Eastern Mountain Sports for \$30 to \$60.

### SPECIALTY POWER TOOLS

An 18-volt cordless drill can set you back \$100; rent one from Home Depot for \$10 to \$15 per day. In general, unless you plan to use a power tool more than once a year, it's better to rent.

### A WEDDING CAKE

The real thing can easily cost \$600. Get an inedible three-tier foam cake from cakerental.com for less than half that. It looks real, and the back is open so the couple can "cut" a piece for the photo op. Then, slice and serve sheet cakes from Costco (a \$27 cake feeds 48!).

### VIDEO GAMES

*NBA 2K15* costs \$60, but at gamefly.com you can rent it (or any video game) for \$16 per month. Bonus: Shipping both ways is free.



### DO THE MATH

With some goods (like our four picks at left), it might make more sense to rent than buy.



### RENT OUT YOUR DRIVEWAY

On justpark.com and similar sites, you can make money by letting visitors park at your place. **A spot in Houston, for example, might go for \$12 to \$25 per day**, but if you live within walking distance of a sports or concert venue or other attraction, you could rake in more.

AND WHEN IT DOESN'T PAY

# 300%

That's how much interest you could pay for furniture or electronics at rent-to-own centers, according to a study by Consumer Reports.

For instance, a \$612 Toshiba laptop would cost you \$1,872 after four years of payments.

### YOU SAID IT...

How ALL YOU readers rent out their stuff to pocket extra cash.

*"When we needed a little cash, we rented out our Volkswagen Passat for about three weeks on Craigslist and made \$100 a week! I'm a stay-at-home mom, so I just dropped my husband off at work and picked him up."*

Jessica Hall, 29, Columbia, Mo.

*"I travel a lot, and I have some high-quality luggage. So when my friend was going on a trip, rather than buy an entire set, she asked to rent mine and a bunch of travel accessories for \$100. I've since rented my suitcases to other friends, with the caveat that if a piece comes back mangled, they'll help with the replacement cost."*

Dixie La Pierre, 45, Garland, Texas

SPRING-  
CLEANING

# TACKLE THE MOST DREADED JOBS

WE ASKED  
ALL YOU READERS WHICH  
HOUSEHOLD CHORES WOULD  
YOU RATHER AVOID? THEN  
WE CONQUERED THE TASKS  
WITH AS LITTLE ELBOW  
GREASE AS POSSIBLE





DO YOU  
PUT OFF  
WASHING  
DOWN THE  
WALLS...

CLEANING  
THE  
WINDOW  
FRAMES...

AND  
DUSTING  
HARD-TO-  
REACH  
PLACES?

WE HAVE  
QUICK FIXES  
FOR YOU.  
JUST TURN  
THE PAGE.

JOB NO. 1

## DUSTING UNDER FURNITURE

**WHY IT'S IMPORTANT** The average home accumulates 40 pounds of dust each year, and the stuff that sits under your sofa and bed can lead to allergies and respiratory problems—or make existing ones worse. Aim to dust beneath the furniture twice per year, once in fall and once in spring. A good reminder? Do it when you swap out your seasonal wardrobe. Or, test if the flooring needs cleaning by running your finger under the furniture.

ALLOW  
20 minutes  
per room

**TOOL KIT**

- ▶ Casabella height-adjustable Butterfly floor duster, \$25; at Container Store.
- ▶ Vacuum with stick attachment or stick vacuum.

**STEP 1**> Crouch down and clean under your sofa with the extension duster. After a few broad sweeps, focus on the feet of the furniture, collecting any dirt and dust that has gathered there. Shake the duster lightly near the floor to dislodge any particles in a neat pile (for later vacuuming).

**STEP 2**> Moving around the house, repeat Step 1 beneath all furniture. (For shallower pieces such as buffets, bend the duster's head at a

90-degree angle.) Can't reach the area behind a heavy sofa or bed? Reusable furniture sliders, which you place under each leg, make moving furniture a snap, even on carpet! EZ Sliders (9½" x 5¾"), \$15 for 4; bedbathandbeyond.com.



**STEP 3**> Finish the job, moving in the same order as before, by vacuuming up the pile of dust you left by each piece of furniture along the way. Do you have carpeting or an area rug beneath any furniture? Use the stick attachment or a stick vacuum to give those surfaces a more thorough once-over.

"I HATE CLEANING DIFFICULT-TO-REACH PLACES, LIKE UNDER THE SOFA AND OTHER FURNITURE YOU RARELY MOVE."



Maura White, 36, from Conesus, N.Y.

JOB NO. 2

## WASHING THE WALLS

**WHY IT'S IMPORTANT** Kitchen walls accumulate splattered food, and bathroom walls collect germs and particles with every flush (eww). You might be surprised how dirty the wall gets behind the sofa or behind a bed without a headboard, where grease and dirt from your hair cling (double eww). Hit the walls annually—or whenever buildup or discoloration becomes visible.

ALLOW  
45 minutes  
per wall

**TOOL KIT**

- ▶ Vacuum cleaner with brush and hose attachment
- ▶ Rags (old shirts or sheets, torn into strips)
- ▶ Cleaning solution (1 cup white vinegar in 1 gallon of water does the trick)
- ▶ Dish soap
- ▶ Small bucket
- ▶ Ladder, if necessary

"I DREAD WASHING DOWN THE WALLS. COBWEBS SEEM TO HAVE THE BEST HIDING SPOTS!"



Tracie Russell, 42, from Grand River, Ohio



"MY LEAST FAVORITE—HENCE, RARELY DONE—CHORE IS WASHING THE WINDOW FRAMES. REALLY, I'M NOT FOND OF CLEANING ANY PART OF THE WINDOW."



Linda Taitt, 59, Woodland, Wash.

**STEP 1** > Using the brush attachment, vacuum the walls and ceiling to remove loose dirt. Use the hose attachment to nab corner cobwebs. Don't feel like vacuuming? A dry rag will do for lower spots. To dust higher parts of the walls and the ceiling, use a broom: Wrap a rag around the handle; secure it with a rubber band.

**STEP 2** > Test your walls: Wipe an inconspicuous area with a dampened rag and let it dry. You're good to go if you don't see any stains or water marks on the wall or paint on the rag. (If you do spot any damage, Step 1 alone will have to do for now.) Then remove art and other decorations from the walls, and push furniture to the middle of the room. In a bucket, mix warm water with a cup of white vinegar.

**STEP 3** > Submerge a clean rag in the solution and wring it out. You want a damp—not saturated—cloth. Starting in an upper corner (use a ladder, if necessary) and working from the top down, wipe the wall with back-and-forth motions. At the bottom, wipe the baseboard, which can get very dusty. Repeat across the wall, rinsing out and dampening the rag as needed. If the rag gets too dirty, toss it and use a clean one. For stubborn splatters in the kitchen or bathroom, add a dab of dish soap to the rag.

## JOB NO. 3 CLEANING WINDOW TREATMENTS

**WHY IT'S IMPORTANT** Your curtains guard against (and absorb) the dirt and dust that comes in through open windows. A semiannual cleaning keeps dusty drapes from affecting your home's air quality.

ALLOW  
45 minutes  
per window

### TOOL KIT

- ▶ Dish soap
- ▶ Borax
- ▶ Rag
- ▶ Vacuum cleaner with upholstery attachment

**STEP 1** > Use the vacuum cleaner's upholstery attachment to remove loose dirt from hanging window treatments.

**STEP 2** > Fold up your Venetian or mini blinds, take them down and submerge them in a bathtub full of warm, soapy water. Let sit for 30 minutes. Drain the tub and fill with warm water

to rinse the blinds, then use a rag to wipe off any remaining grime. Unfold blinds and hang—on a clothesline or over the shower curtain rod—to dry.

**STEP 3** > Take down curtains and drapes. Drop off any that require dry cleaning. If you can wash them, submerge the panels in a bathtub full of warm water and ½ cup of borax for 30 minutes. Then machine-wash and -dry the panels according to the manufacturer's care instructions. While the dressings are down, tackle the windows themselves (see washing instructions, at right). Then rehang the curtains and you're done!

20 Mule Team borax, \$4 for 4 lbs. 12 oz.; at Walmart.



I LOVE THE SMELL OF FRESHLY WASHED CURTAINS, BUT I HATE WASHING OUR MINI BLINDS! I'VE TRIED IT ALL—EVEN THOSE CUTE LITTLE DUSTERS—TO NO AVAIL."

Sheila Anderson, 45,  
Traverse City, Mich.

ALLOW  
30 minutes  
per window

### TOOL KIT

- ▶ Liquid dish soap
- ▶ Sponge or scrub brush
- ▶ Ladder, if necessary, to reach exterior side of windows
- ▶ Squeegee
- ▶ Bucket
- ▶ Vinegar

## JOB NO. 4

# WASHING WINDOWS AND WINDOW FRAMES

**WHY IT'S IMPORTANT** Although the sun continues to shine through even the dirtiest window, polished glass can make a big difference. Also, glass can become permanently damaged over time by hard minerals in water sprayed from sprinkler systems, among other things. Aim to give your windows a good cleaning every year.

**STEP 1** > Carefully remove window screens from one room and lean them against the outside of the house. (Working room by room makes it easier to remember which screens live where.) Fill a bucket with warm water, and add three or four squirts of dishwashing liquid. Dip a sponge or scrub brush in the mixture and wash the screens. Use a hose to rinse them completely, then let dry.

**STEP 2** > Conventional wisdom says to wipe windows with newspaper for a lint-free finish. Thing is, today's inks can streak or stain the glass. Instead, invest in a squeegee to make the task a snap. Mix a solution of 1 part white vinegar and 1 part hot water in the (rinsed-out) bucket. Submerge a sponge in the solution, then squeeze it out so it's only damp.

Wipe the window with the sponge to remove any buildup or dirt. Drag the squeegee downward from a top corner; repeat downward strokes until you've squeegeed the entire pane. All-purpose squeegee, \$7; oxo.com.

**STEP 3** > Repeat the process for washing the insides of windows, but this time, place an old towel or rag below the window to catch any drips. Use the rag to wipe down the sash and sill, then pop the dry window screens back in.



SCAN THE PAIL TO PURCHASE THE PRODUCTS IN THIS STORY. See page 4.

JOB NO. 5

## SCRUBBING TILE AND GROUT

**WHY IT'S IMPORTANT** Mold and mildew—major allergy triggers—grow in the crevices between ceramic and porcelain tiles. Regular mopping and washing in the bathroom help, but spring-cleaning requires more attention. Ideally you should scrub the grout between the tiles a few times each year—the more often you do it, the easier and quicker the process is. The good news? For a deep clean, you can let your products do most of the scrubbing for you.

ALLOW  
90 minutes  
per bathroom

**TOOL KIT**

- ▶ Gloves
- ▶ OxiClean
- ▶ Mildew stain remover such as X-14
- ▶ Bucket
- ▶ Scrub brush
- ▶ Rags

**STEP 1** > Dry-mop any floors you'd like to clean. Add 1 cup of OxiClean to 1 gallon of warm water to create a thick paste. Sponge some of it directly onto the tiled area you'd like to scrub (enough to thoroughly dampen). Then walk away and let it soak for up to an hour.

OxiClean Versatile stain remover, \$8 for 3 lbs.; at mass retailers.



**STEP 2** > Alas, this does require some hands-and-knees work, so kneel on a folded bath towel for comfort. Put on gloves. Scrub the grout with a brush, wiping up the suds with a sponge as you go. When you're done, wipe a dry rag over the surface to polish.

Casabella Smart Scrub grout brush, \$8; at Ace Hardware.



**STEP 3** > Clean the shower at the same time. Open the window, then spray tiles with X-14 (this concentrated product works wonders, but it has a strong odor to match, so ventilation is key). Let sit for 30 minutes or longer. Wearing gloves, wipe the tiles down with a rag.



X-14 mildew stain remover, \$4 for 16 oz.; at Walmart.

"ONE WORD: BATHROOM.  
IT'S A SMALL SPACE  
BUT MORE LABOR-  
INTENSIVE THAN  
THE LIVING ROOM!"



Lee Ann Hall, 44, Greenwood, Ind.

Sources: Jolie Kerr, author of *My Boyfriend Barfed in My Handbag...and Other Things You Can't Ask Martha*; Martha Stewart's *Homekeeping Handbook*; Mrs. Meyer's *Clean Home: The Complete Idiot's Guide to Cleaning*

**Tackle these four extra spring-cleaning jobs with confidence! They're easier than you might expect.**

# 4

### 1 REFRIGERATOR COILS

**Why it's important:**

Dust on the coils can cause a refrigerator to function inefficiently and run up your energy bill.

**Easiest approach:** Unplug the fridge. Remove the front grill at the bottom. (If your coils are in the back, carefully wheel

the appliance out from the wall. No wheels? Put a hand on each side of the appliance and jiggle it out, inch by inch.) Dust the coils with a special coil brush, then vacuum using the brush attachment.

◀ Easy-to-Use maintenance brush for dryers and refrigerators, \$10; homedepot.com.

**How often:** Twice a year, in spring and fall—or more frequently if you have pets that shed.

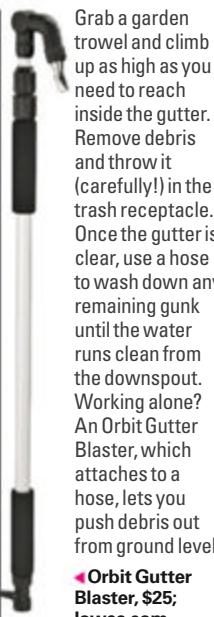
### 2 GUTTERS

**Why it's important:**

Clogged gutters can cause water damage, and the weight of debris caught inside can cause them to loosen and tear away from the house.

**Easiest approach:**

Get someone to steady a ladder, and have a trash bag or can nearby.



Grab a garden trowel and climb up as high as you need to reach inside the gutter. Remove debris and throw it (carefully!) in the trash receptacle. Once the gutter is clear, use a hose to wash down any remaining gunk until the water runs clean from the downspout. Working alone? An Orbit Gutter Blaster, which attaches to a hose, lets you push debris out from ground level.

◀ Orbit Gutter Blaster, \$25; lowes.com.

**How often:** In spring and fall (more often if your yard has lots of trees or if the weather is frequently icy or snowy).

### 3 CEILING FANS

**Why it's important:**

During the winter, ceiling fans don't get used much, so dust can collect on the blades. If you turn on the fixtures come spring, they might shower the room with dirt.

**Easiest approach:**

Standing on a step ladder, slip an old pillowcase over one fan blade so the blade is inside. With one hand above and one below the

blade, slowly drag the pillowcase off, trapping dust inside. Repeat with the other blades. When you're finished, shake the pillowcase outdoors and launder.

**How often:** Depending on how much dust collects in the house, you might need to dust your fans every few months.

### 4 THE OVEN

**Why it's important:**

Grime buildup can clog filters, put extra strain on the appliance and give food a charcoal taste. And get ready for a shocker: The self-cleaning cycle requires such high temperatures that it occasionally makes an oven stop working.

**Easiest approach:** Open a window to ventilate the area. Pour  $\frac{1}{2}$  cup of ammonia in a baking dish, then place the dish in the oven. (Do not turn on the oven!) Let it stand overnight. In the morning, put on your gloves and wipe the walls, door and floor of the oven with paper towels or a sponge; the stuck-on food should slide right off.

**How often:** Depending on how much you cook (or how much the food you're cooking splatters), you should do this a few times a year. An easy indicator? When a film develops on the oven's window.



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## Two Reasons to Bank Online

It can save you tons of time and a good deal of money—up to \$180 per year in fees. It's also really easy. (OK, that's three reasons)

By Jessie Van Amburg

### 1. SIMPLIFY YOUR LIFE

The truth is, many local banks have online features just waiting for you to use. It pays to see what yours has to offer.

#### • Mobile deposits

Use your smartphone to snap a picture of a check, upload the image to the bank's smartphone app, then void or destroy the check when you're done. The balance is posted to your account just as if you had visited an ATM, but without the extra trip.

#### • Transfers

Send money or move funds between your

accounts, all without waiting for a teller.

#### • Electronic statements

Here's to fewer dead trees; goodbye, cluttered mailbox! Less paper means less risk that your financial information will be seen by others. The bank can even e-mail your ATM withdrawal receipt.

#### • Security

Get notifications on your phone whenever there's a transaction in your account. It's an excellent, up-to-the-minute way for you to stay on top of your money.

#### • Paying bills

Most banks allow you to make online payments from your checking account and to schedule recurring ones such as the mortgage payment. You won't miss mailing out checks—or standing in line at the post office to purchase stamps!

### 2. SAVE BIG ON FEES

Ready to make a bigger switch? Online-only banks offer better deals for the same products as traditional banks. But you need to make a few adjustments.

#### • If you're ready to go (almost) completely digital

**Ally Bank** offers interest-bearing checking and savings accounts. The bank requires no minimum balances, and it charges no monthly maintenance fees.

**GETTING CASH** Withdraw from any ATM in the United States—free. Ally

refunds third-party ATM fees to your account.

**SPECIAL SERVICES** Ally has a 24/7 help line, via both phone and instant messages, staffed by real people.

#### • If you still want to use mostly cash

At **GoBank**, checking-only accounts have no minimum balance and charge no overdraft fees. (Traditional banks charge \$32, on average, per overdraft). The \$8.95 monthly service fee is waived if you direct-deposit at least \$500 per month.

**GETTING CASH** Find one of 42,000 affiliated, no-fee ATMs through the bank's app. You also can make deposits at a Walmart checkout register.

**SPECIAL SERVICES** The bank's Fortune Teller service tells you if purchases fall within a monthly budget that you create.

## The safety factor

**Banking online is just as safe as using a teller, but you'll want to remember these tips to keep hackers at bay.**

- **Enable two-step authentication in your account settings.** You will have to log in twice—once with your user name and password and once with a code texted to your phone or e-mailed to you. But that process makes it much harder for a thief to access your profile.

- **Avoid making any financial transactions or accessing your bank information while using a public Wi-Fi network (including from your computer at work).** Such networks are the most prone to breaches. Use your cellular data instead or, if you're going to be on a computer in a public space, download a virtual private network at home before you go out, then use the VPN to browse securely.

*Sources: Jean Chatzky, personal finance expert; Alok Deshpande, chief product officer, Green Dot Corp.; Carrie Sumlin, brand and digital deposit executive, Ally Bank*



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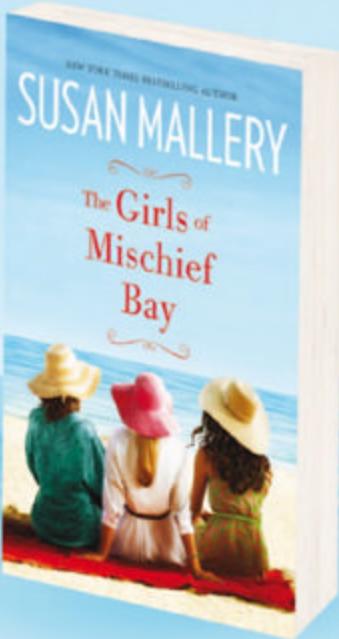
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good to know

## Smart Money Advice

Sock away more savings with  
our savvy finance tips

### Get healthier at work

More than two-thirds of large companies offer wellness programs to encourage lifestyle changes such as smoking cessation, weight loss and stress reduction; 80 percent offer employees help managing chronic diseases, like diabetes and asthma. Such programs are good for your health *and* your wallet. Your employer can make health insurance premium discounts of up to 30 percent contingent on participation, according to Affordable Care Act rules. Also, more free preventive care might reduce your out-of-pocket medical bills. One study found that those with a chronic condition could cut their costs by an average \$1,632 annually by taking advantage of disease-management programs and \$1,920 if they also used a lifestyle change program.



OUR EXPERT  
MARGARET  
MAGNARELLI,  
assistant managing  
editor, *Money*

TURN YOUR  
DEVICE INTO  
**CASH**

Selling your old tablet, laptop or phone has never been easier, but some choices earn you more cash than others. Your best bet is selling the device on Craigslist or eBay, though you must list the item, manage the responses and ship it to the buyer. Recently, an unlocked 16GB iPhone 5S in good condition was trending at \$324 on eBay after fees. Compare that to the major electronics buyback websites (such as Gazelle, Glyde, iCracked, NextWorth and uSell), where 5S prices range from about \$170 to \$240. Amazon will buy your electronics as well—it would value that iPhone 5S at about \$260—but it offers only store credit. Or, if convenience is key, you can return an old phone to your carrier for trade-in value on a new one. You probably still can do better at the buy-back sites, though (as of press time, AT&T was offering credit of \$120 and Verizon \$205 for the 5S).

**53%**

The percentage of Americans  
who say they are at least  
\$10,000 in debt. About  
10 percent report being more  
than \$50,000 in debt.

Source: *Elevate*

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# your friends & family

CELEBRATE INSPIRING WOMEN AND ENRICH YOUR OWN RELATIONSHIPS

## BIG TICKET

### BUYING A CAR

Before you walk through the dealership door, have a target price in mind. Enter: edmunds.com, a website that takes a car's make, model and year (it can be new or used) and calculates the average price being paid near a given zip code. When you get a number for the car you like, use it as leverage. After the salesperson makes an offer, slowly count to 10. A pause can be awkward, but the salesperson will see that you're no easy sell. Then give your target number. Chances are he'll negotiate.



## HOW I HAGGLE

*"First I decide what car I want. Then I e-mail local dealers to get quotes. That info becomes my bargaining chip to lower the price."*



Karen Hale, 43,  
Grand Prairie,  
Texas

## Psst...

**COUPONS CAN BE NEGOTIABLE, TOO. HAVE AN EXPIRED COUPON FOR A SHOE STORE? DON'T TOSS IT. SOME RETAILERS WILL HONOR OLD COUPONS, THOUGH. THEY MIGHT NEED AN "I'M A LOYAL CUSTOMER" REMINDER FROM YOU.**

# Haggle on Anything

Don't get stuck on the sticker price. You can talk your way into a great deal—if you know how



### CABLE SUBSCRIPTIONS

As quickly as cable companies can bump up your bill they can knock it back down. Call and ask for a retention specialist who can tell you how you can lower the price: trim a few channels, say, or switch to automatic payment. Often they'll find a way to drop your monthly cost.



### GYM MEMBERSHIPS

You know how gyms sometimes waive their initiation fees to get new customers? You can get that deal at just about any time of year. Just let the membership manager know up front that you won't pay the fee. In all likelihood, you'll find that won't be a problem.



### VACATION PACKAGES

See what competitors offer for similar tours, then tell your favorite operator, "Although I want to go with you guys, so-and-so has a better deal. Can you offer me that price?" They might not, but you'll likely get some kind of discount on the tour you really want.

## HOW I HAGGLE

*"I got fed up with my cable bill, so I asked for a cheaper rate with the same plan. When they couldn't help, I said I would switch providers. They quickly came back with an introductory price for the next few months."*



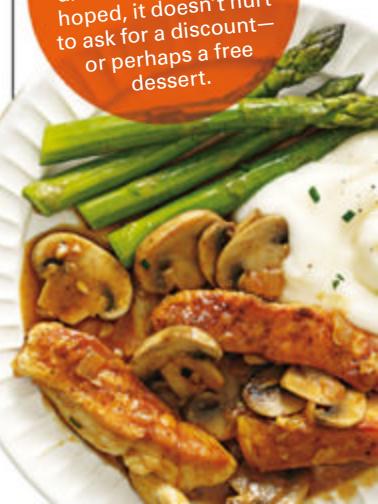
**89%**

*Percentage of people who say they've had at least one successful haggling experience.*

*Source: A recent Consumer Reports national survey*

## DINNER, TOO!

If the restaurant meal didn't turn out as you hoped, it doesn't hurt to ask for a discount—or perhaps a free dessert.



GET SILLY FOR

# APRIL FOOLS' DAY

MAKE  
APRIL 1 A  
***terrible,***  
HORRIBLE,  
NO-GOOD,  
**VERY**  
**BAD**

JUST KIDDING!



Have a  
laugh-filled  
**HOLIDAY**  
FOR THE  
WHOLE  
FAMILY  
*with these*  
**TRICKS,**  
illusions  
*& gags*

*By Judy Dutton*

**19 FT.**

The diameter of the  
largest whoopee  
cushion ever made. It  
was fabricated last year  
in New Zealand (and  
actually measured  
19 feet, 9.48 inches).



## The best April Fools' Day pranks ever

It's hard to believe the hoaxes that have misled millions worldwide.



## 1957

### SWITZERLAND SPAGHETTI HARVEST

## 1957

### SWITZERLAND SPAGHETTI HARVEST

After the BBC ran footage of people picking pasta from trees for a gag segment on Switzerland's "spaghetti harvest," the network's news agency was flooded with calls from people hoping to buy their own spaghetti tree.



## 1976

### JUMP!

On BBC Radio 2, Patrick Moore, an astronomer, encouraged listeners to jump precisely at 9:47 a.m. because Pluto's and Jupiter's alignment would briefly reduce Earth's gravity (a fib). People soon called in to swear they had hovered in the air.



**FUN FACT!**  
An April fool is also known as a fourth-month dunce.

## 1996

### THE TACO LIBERTY BELL

Fast-food chain Taco Bell took out full-page newspaper ads announcing it had bought the Liberty Bell and was renaming it the Taco Liberty Bell. Americans were outraged until they realized it was a hoax.



•



## 2012

### THE YOUTUBE COLLECTION

YouTube announced that every video on its site would be put on DVDs and delivered—in 175 trucks—to anyone who wanted the old-fashioned format. Users could then comment via snail mail. LOL!

#### READ IT

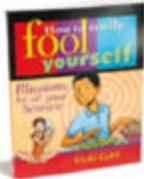
##### TALL TALES

These books can inspire new sorts of clever trickery.



##### Mirror Mirror: A Book of Reverso Poems

Read fairy tale-inspired poems not only the usual way but in reverse as well (for instance, from the perspective of Snow White and the queen). Author Marilyn Singer explains how to write your own reversible tales. \$17, for ages 6+; [amazon.com](http://amazon.com).



##### How to Really Fool Yourself: Illusions for All Your Senses

Tricks range from making your arms rise without consciously moving them to baking a fake apple pie that tastes real. Author Vicki Cobb includes a section that explains the science behind the hoaxes. \$16, for ages 8+; [amazon.com](http://amazon.com).





EAT IT

## 'Spaghetti and Meatballs' Cupcakes

**YIELDS** 10 cupcakes

- 1 16-oz. can vanilla frosting
- ½ tsp. unsweetened cocoa powder
- 3 drops yellow food coloring
- 10 vanilla cupcakes baked in white paper liners
- 11 hazelnut chocolates, unwrapped
- ¾ cup low-sugar strawberry preserves (low-sugar preserves have the best color)
- 2 Tbsp. grated white chocolate plus a large chunk for garnish

- ❶ Tint frosting with cocoa powder and food coloring. Spread a thin layer of tinted frosting on top of cupcakes. Arrange cupcakes on a serving platter so that they are touching.
- ❷ Spoon remaining tinted frosting into a ziplock bag. Press out excess air; seal bag. Snip a ⅛-inch corner from bag. Pipe frosting all over cupcakes to make spaghetti, piling it high

- and allowing some spaghetti to hang over edges.
- ❸ Place hazelnut chocolates and preserves in a medium bowl; toss to coat. Spoon some preserves on top of each cupcake. Place a hazelnut chocolate on top of each cupcake, plus one on platter. Top cupcakes with remaining preserves.
  - ❹ Sprinkle grated white chocolate over cupcakes.

"Spaghetti and Meatballs" from Hello, Cupcake! Irresistibly Playful Creations Anyone Can Make by Karen Tack and Alan Richardson. © 2008 by Karen Tack and Alan Richardson. Reprinted by permission of Houghton Mifflin Harcourt Publishing Co. All rights reserved.

PLAY IT

## CALL MY BLUFF

This word game is not only an excuse for family members to fool each other; it's also a way for your kids to learn new words and practice public speaking.

### WHAT YOU NEED

A dictionary and at least two players.

**Step 1** One player chooses a hard word from the dictionary and comes up with three definitions. One definition is true; the other two are made up.

**Step 2** The presenter recites the three definitions. The other players try to guess which one is real. Players who guess right get a point. If they guess wrong, they lose a point. The presenter gets a point for each player who guesses wrong.

**Step 3** After everyone presents, tally the scores to declare a winner. In the event of a tie, players must flip a coin or play Rock, Paper, Scissors to decide who won.

## HOLD THE CHEESE

Look closely. This isn't pasta. It's a dessert!



## 'SPILLED ICE CREAM CONE' TRICK

### WHAT YOU NEED

- Play-Doh
- Ice cream cone
- Sprinkles

**Step 1** Knead a small piece of Play-Doh to soften it.

**Step 2** Flatten Play-Doh into a long oval to create shape of spilled ice cream. Slide one end inside ice cream cone.

**Step 3** Press sprinkles into top of Play-Doh to keep them in place.

**Step 4** Place spilled ice cream cone on a table or floor to trick friends and family. Watch hilarity ensue.

Sources: Courtney Lutkus, owner of Simply Radiant Events in Brea, Calif.; Amy Vowles, blogger and SheKnows expert; Julie Winterbottom, author of Pranklopedia





LET THEM  
MIX UP  
LUNCH  
TIME TOO



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# I BEAT THE SYSTEM

BANKS, CORPORATIONS, GOVERNMENT,  
HEALTH INSURERS—**HOW CAN ONE  
INDIVIDUAL HOPE TO WIN IN A WORLD  
OF MIGHTY GOLIATHS?** THESE WOMEN DID,  
AND WITH THEIR STORIES AS INSPIRATION,  
MAYBE YOU CAN, TOO

By Stephanie Booth

**'I SAVED  
MY HOME  
FROM  
FORECLOSURE'**

TONI KUKREJA, 55, LAKWOOD, CALIF.

When Toni was a kid, her first love was...her house. "I remember watching my father, a contractor, build it," she says 41 years later. The sprawling four-bedroom Spanish colonial, located in Lakewood, Calif., about 20 miles southeast of Los Angeles, featured a swimming pool and had lots of visitors.

"Every Christmas and Thanksgiving, my mom cooked, and we'd host four generations of relatives," Toni says. "The house was always full of joy and life."

When Toni inherited the house in 2002, it also became a lifeline. Toni worked for the state of California while caring for her two daughters, then 15 and 10. Her husband at the time, a Navy corpsman, was frequently overseas. Money was tight. Because the house was almost paid off, Toni was able to take out a second mortgage.

Then came the great recession of 2008. Toni was furloughed. Even worse, she



FLASHSTOCK



Thanks to her determination, Toni has been able to raise, from left, Alexis, Colby and Madison in her childhood home.

learned that her bank, Countrywide Financial, was at the center of the subprime lending scandal. As a result, her \$2,200 monthly payment could balloon to \$3,500.

Toni did qualify for a mortgage modification, but she couldn't get

Bank of America, which took over Countrywide, to rework the loan. During the next three years, she submitted hundreds of pages of paperwork and spent hours on the phone with the bank. "It was incredibly stressful," she says. "Once I got through to a live person, I was told they'd lost my documents or I needed to submit more. How could they not have a 68-page tax return we just discussed?"

Consulting with a government housing counselor got her nowhere. Toni even paid a mortgage assistance company \$2,500 to lobby the bank on her behalf. The firm went out of business.

"It was awful," she says. "Saving my home became a matter of fighting for what's right."

Toni had been active on change.org, a website that encourages grassroots activism by posting online petitions. In early 2012, she decided to write her own petition, explaining that her family was in dire straits and asking Bank of America to renegotiate her loan. Toni got some signatures via her Facebook page. Then, as luck would have it, change.org featured her petition in an e-mail message to its subscribers. The campaign to save Toni's home "caught like wildfire," she says.

Hundreds, then thousands, of people left encouraging messages on change.org. Local TV stations and newspapers interviewed her. A few weeks later, the petition hit 100,000 signatures—and Toni's phone rang.

"It was an assistant to the president of Bank of America, asking, 'What do you want? We'll try to work with you,'" Toni remembers. "It was surreal."

Within weeks, her mortgage was modified to a lower, fixed rate. She now pays \$1,880—\$320 less per month than her original payment—and that includes property tax and insurance. The new terms have allowed Toni to stay in her house, where she now offers day care.

"Be tenacious and fight for what you want," she says. "That's the secret."



Ryan and Lorri,  
who turned her  
lobbying  
experience into  
a new career as  
an advocate

house and cut back on everyday costs. Lorri's entire \$70,000 salary as a law professor went toward Ryan's therapy.

"I couldn't help thinking, What are other families doing who can't afford this?" she says. "It was a knife in my stomach to realize some kids with autism don't have a chance because their families can't afford treatment."

In the summer of 2005, Lorri decided to write a bill that would mandate that health insurers in South Carolina cover up to \$50,000 of autism treatment costs per year. She spent hours in the law library, poring over books on how to write legislation. "I didn't have the first clue what I was doing," says Lorri, who had a law degree but no legislative experience. "Ultimately, I opened a blank WordPerfect document on my computer and simply typed out what I thought the law should be."

For the next two years, Lorri and the parents of autistic children she'd connected with visited, e-mailed and called all 46 members of South Carolina's Senate and 124 members of the state's House of Representatives. Local lobbyists took note and started offering Lorri advice. "I think they were amused that some moms were trying to pass a bill, especially one opposed by the powerful insurance industry," she says.

In 2007, the bill made it through the legislature and to the governor's desk. At 10:30 the night before the last day of the session, he vetoed it. Lorri frantically called friends across the state, pleading with them to rally the next day at the State House in Columbia. A crowd of 75 showed up. Wearing jigsaw puzzle-patterned autism ribbons, they lined the entrance paths to the State House. Some stood at the top of the escalators that legislators took from the parking garage; others waited on the staircases.

The last-minute lobbying worked. Both the Senate and the House overrode the veto and unanimously voted in favor of the bill. They even gave Lorri and her friends, who were waiting to hear the outcome, a standing ovation. "I was crying uncontrollably," Lorri recalls. "We won! Ryan's Law was real!"

Since 2008, Lorri has been working for Autism Speaks, a national nonprofit, helping get similar laws passed in other states. So far, she's up to 37.

# 'I WROTE A LAW TO HELP CHILDREN WITH AUTISM'

LORRI SHEALY UNUMB, 46, LEXINGTON, S.C.

In 2003, when Ryan Unumb was nearly 2 and still not using any language, his pediatrician suggested a behavioral assessment. The diagnosis made Lorri burst into tears: Her first-born son was severely autistic.

Ryan would need intensive behavioral therapy eight hours a day, five days per week, to learn everything from colors to behavioral skills such as how to imitate others. The cost: \$70,000 per year. "I remember turning to my husband and saying, 'Thank goodness we have insurance!'" Lorri says. "My

world became brighter at the thought that therapy could help Ryan."

But that light soon faded. When Lorri submitted the first round of claims to her insurer, they were rejected.

"They told me autism was an 'educational' issue, so a school should treat Ryan," she says. "I kept saying, 'No, autism is a medical condition! His doctors told him to get this therapy.'"

Lorri and her husband, Dan, were determined to not let the insurance company's ruling affect their son's treatment. They moved to a smaller

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At websites such as [giveforward.com](http://giveforward.com), you can create a fund-raising page to crowd-source cash for medical expenses and other costs accrued because of an illness. Funerals are funded as well.

# 'I BEAT OVERCROWDING IN MY DAUGHTER'S SCHOOL'

IRINA JORDAN, 40, OSWEGO, ILL.

In 2010, when Irina Jordan's daughters approached school age, she and her husband sold their house in a new subdivision in Oswego to move into an older home five minutes away.

"We were happy with our previous house but excited for our kids to be in the district for Hunt Club Elementary School," Irina says. "It was a newer school with an English-Spanish program and a great reputation."

That reputation was perhaps *too* good. When Irina's daughter, Alexis, now 6, started at Hunt Club Elementary in the fall of 2013, Irina was shocked to discover there were 27 kids in her kindergarten class. The room was packed with tables and chairs. "Alexis was always coming home with bruises, saying, 'Someone bumped into me' or 'Someone stepped on my foot,'" says Irina, who is also mom to Brianna, 9, and Dylan, 2. "I worried about what would happen if there was a fire."

And when two more students

joined the class—bringing the total to 29—Irina started to wonder: Would Alexis get up to speed with reading? Would her teacher feel burned out by the spring?

She e-mailed the parents of Alexis' classmates, suggesting they petition the principal to divide the first-grade class into two smaller ones.

Irina met with the sympathetic principal, who explained that only the school board could rule on dividing Alexis' class. The superintendent told her the same thing. The board simply argued that other district schools faced similar overcrowding and that nothing could be done.

Irina politely but firmly stepped up her campaign. She wrote a letter to the editor that ran in the local newspaper, pointing out that the school board's own policy stated there could be no more than 25 students per classroom. She organized other parents to write to board members, and together they showed up at the board's monthly meetings and read their petition during the time allotted for public comments.

"The members were indifferent to our message," Irina remembers. "It wasn't the emotionally and personally charged matter that it was for us parents."

But in May, things started to change. The superintendent announced that a demographics specialist had been hired to project how many students would be at Hunt Club Elementary the following year. Then, in late July, Irina received an e-mail alert from the principal, announcing that Alexis' class would indeed be split into two.

"I felt elated," she says.

Alexis' first-grade class has 17 students. Irina doesn't take full credit for that victory, though. "One person isn't taken as seriously as many," she says. "We won because we worked together."



Irina with  
Alexis (left)  
and Brianna,  
at Hunt Club  
Elementary

 do it *together*

# TWO-STEP *Easter Eggs*

Let these beautiful designs inspire you. Each project takes just a few minutes from start to finish!

## WRAP IT! »

### MATERIALS

Clear gel adhesive or hot-glue gun

Plastic eggs

Yarn

Metallic marker

Sequins

#### **Step 1** Split egg in half.

Apply a dab of glue to base of egg and place end of yarn on top of glue. Hold until secure. Apply more glue, then wrap yarn around egg. When you approach the egg's lip, snap the two halves together. Dab glue on second half of egg and continue wrapping. Cut yarn and glue end.

**Step 2** Draw branches with marker. Glue sequins to branches.

**DESIGNED BY**  
the editors of All You  
and Darby Smart

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SCAN THE PHOTO TO BUY THE PRODUCT ON THIS PAGE. See page 4.





*"My goal was to make eggs that are a little bit modern. I love that these are not quite traditional but still beautiful."*

—Chelsea Foy

## « TAPE IT!

### MATERIALS

Scissors  
Washi tape  
Oversize hole punch  
Hard-boiled eggs

**Step 1** Cut a 6-inch strip of tape.

**Step 2** Cut the strip of tape into triangles, stripes or other shapes and apply to egg. For the dotted egg, use an oversize hole punch to cut circles. Be sure to smooth down edges so pieces adhere.



DESIGNED BY  
Chelsea Foy,  
[loveliyindeed.com](http://loveliyindeed.com)

## TACK IT! »

### MATERIALS

Styrofoam eggs  
Thumbtacks  
(or fasteners) in  
gold or silver

**Step 1** Start at top (narrow end) of egg. Working down toward the egg's base, insert a row of tacks or fasteners into the foam, overlapping tacks slightly. When you reach the bottom of egg, continue up the other side.

**Step 2** Working in rows, fill in remainder of egg with tacks.



DESIGNED BY  
Jill Fritz,  
[createcraftlove.com](http://createcraftlove.com)



*"I saw a wreath covered in thumbtacks, and that gave me the idea to make these eggs. So easy, but so pretty!"*

—Jill Fritz



## TIE IT!

### MATERIALS

Baker's twine  
Hard-boiled eggs  
Glue

*"I thought it would be fun to add a bit of fashion and style to the average Easter egg!"*

—Kelly Dixon



DESIGNED BY  
Kelly Dixon,  
[smartschoolhouse.com](http://smartschoolhouse.com)

**Step 1** Wrap a piece of twine around egg vertically and glue ends together.

**Step 2** Tie another piece of twine around eggs horizontally and tie in a bow.



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# 'My Pet Saved My Life'

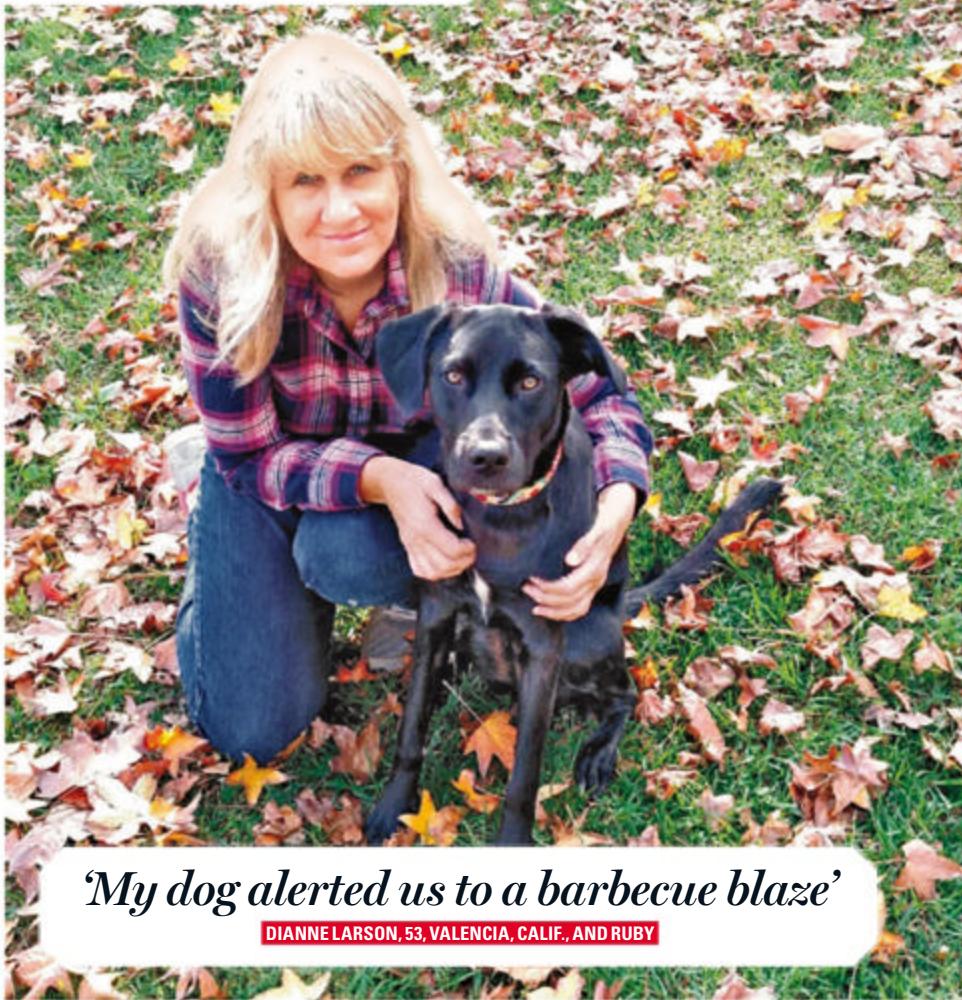
***‘My cat got help when I was having a stroke’***

**ERNA PRATT, 76, SPRINGFIELD, MO., AND TRIGGER**

"I was in the kitchen making toast, and I dropped the butter knife. I bent over to get it, but I wasn't able to straighten up. My legs had gone numb, and so had my body. My daughter was asleep in her room, but I didn't have the voice power to call her. That's when Trigger came over and looked at me. I said, 'Trigger, go wake up Mary,' and she meowed as though she knew exactly what to do. She ran to my daughter's room and pounced on her until she woke up. My daughter said, 'Does Mom need my help?' And she made a loud meow, as if to say, 'Follow me,' then ran back to the kitchen. I told my daughter to call 911. The paramedics came and said I'd had a stroke. If I hadn't gotten to the hospital so quickly, the doctors said they wouldn't have been able to reverse most of my stroke symptoms. Trigger is my little hero."



Our animals are often like best friends. Sometimes they mean even more than that



***‘My dog alerted us to a barbecue blaze’***

**DIANNE LARSON, 53, VALENCIA, CALIF., AND RUBY**

"We adopted Ruby, our black Lab mix, and she instantly bonded with our family. She always wants to be where we are, and she likes to make us happy. On this one particular day, she did that—and more. It all started when my husband turned on the barbecue in our backyard. He was planning on cooking a steak, and Ruby was going to keep him company. My husband went out to the garage for a moment, and all of a sudden I heard Ruby start barking. This was not her usual sound; it was much more distressed. I looked out the kitchen window and saw that our barbecue was on fire! My husband was able to run over and extinguish the flames, but if the fire had reached the propane tank, it is certain that an explosion would have happened. I still get chills thinking about it."

\* your pet

## 'My dog got me out of a dark time'

JESSICA HURTADO, 39, CAMARILLO, CALIF., AND DAISY

"I was going through a divorce, so to bring some joy back into my kids' lives, we got Daisy. Months after Daisy came to us, my son developed behavioral issues and ended up going to juvenile hall. Daisy, my angel, patiently watched me cry when I returned from court dates and visitation sessions. The following year, my daughter developed addiction issues and went to a treatment facility. Daisy was my rock; she absorbed

all my stress and worry. She and I soon joined Pet Partners, a therapy-dog program, so I could share her kindness with others. Right before Daisy's therapy-dog badge came in the mail, she passed away suddenly. I was devastated, but what she did for me was more than enough for one dog's lifetime."



*'My cat's tender touch helped me get healthy'*

JILL CRIDDLE, 56, CONROE, TEXAS, AND SHAGGY

"I knew when I picked Shaggy, the runt of a litter of five, that there was something very special about him. He stared at me with his beautiful green eyes, which seemed to look straight into my soul. I was so fortunate to have this cat who 'got' me, especially when I was diagnosed with cervical cancer in 2009 and had to have a hysterectomy. Shaggy would lie on my stomach where it hurt, kneading his claws at my blanket. I honestly feel that he knew when I was in pain and tried to make it all go away. He did that, practically every night, for five years. I am now in remission and cancer-free. Shaggy is like a son to me, and his empathy and affection are things I don't take for granted."



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# Smart Family Advice

Strategies for strengthening bonds with your loved ones—young and old

## Plan a DIY date night for less

You can expect dinner out to cost upwards of \$100 per couple—not cheap! Why not tap into your creativity and turn your house into a restaurant instead? For far less money, you can cook a favorite meal together, perhaps adding a theme (Italian is always romantic). After the dishes are done, cozy up next to each other and split dessert.



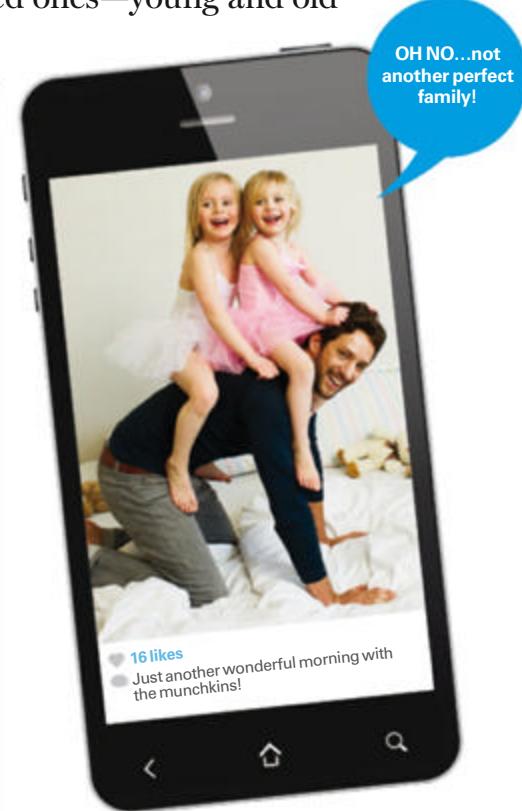
## IS YOUR TWEEN IN A RELATIONSHIP?

If so, it's important to be clear about your rules. For example, you might explain that it's great to have opposite-sex friends, but your children aren't allowed to have a boyfriend or a girlfriend until they are older. It's also essential to talk about texting and social media. Let your kids know their digital footprints can last forever, so they need to be cautious about what they post. Sending revealing photos can be dangerous, even if they are trying to be funny. It's better to have those tough conversations now than to wait until high school, when they might have already shared too much.

## When your husband doesn't e-mail back

Have you ever e-mailed your husband at work, writing something along the lines of "Hope you're having a great day! Please remember to pick up the veggie tray for the party, get my oil changed and move the clothes to the dryer when you get home. Thanks!"—only to get this response: (*Insert crickets chirping?*)

Although we could try to psychoanalyze *why* men don't reply, it's best to focus on solutions. **Men are more likely to respond if we limit the text/e-mail messages to one or two per day.** They're also more apt to reply if we prioritize requests and add a deadline ("Can you check the kids' homework tonight? Could you please renew the library books by Thursday?"). Finally, acknowledge your husband's response. Tell him thank you, and for bonus points, remind him that you appreciate how hard he works for the family. (You might even hear the same thing back!)



## CHANNEL YOUR JEALOUS IMPULSES

You've probably noticed the phenomenon: Just about everything your family and friends post on Instagram—pictures of their kids or their gourmet meals—is impeccable. Where is the messy kitchen? What happened to all their piles of laundry? It's tempting to wish your life could be as together as everyone else's *seems* to be. It's OK to be jealous—that's a normal human emotion—but don't let it distract and consume you. Instead, channel it into something productive. When you see your neighbor's fifth (really, five?!?) homemade dinner of the week, look up quick-and-easy new recipes you want to try with your family. Focus on your own life's goals and dreams instead of coveting those of others. Before you know it, the green-eyed monster will go away and you'll see how green your own lawn is!

Kristen C. Wynnns, child and adolescent psychologist, is owner of Wynnns Family Psychology in Cary, N.C., and founder of nowimpyparenting.com. Have a question for her? Visit [allyou.com/askwynns](http://allyou.com/askwynns).

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# Your Horoscope

See what the stars have in store for you in March



## PISCES (Feb. 19–March 20)

As Mercury tours your sign from the 12th to the 30th, you might not be able to keep track of all the brilliant ideas that pop into your head. Keep a notebook handy, or download an app such as Cozi or Evernote to capture potential gems. The key, of course, is acting on them. A solar eclipse powers up your money sector on the 20th, giving you an assist.



## ARIES (March 21–April 20)

You're the Energizer bunny! With your cosmic ruler, Mars, firing up your sign all month, you don't need any outside motivation. And just when others are expecting you to lose steam, you get two big boosts on the 20th: The sun enters Aries, and there's a solar eclipse. Your mojo lasts six months, and the sky's the limit on what you can accomplish.



## TAURUS (April 21–May 21)

Your ruler, Venus, is hunkered down in your "leave me alone" zone until the 17th, but with analytical Mercury in your work sphere until the 12th, your brand of practical thinking is in demand. Don't focus on the sacrifices. Things will have settled down by the solar eclipse on the 20th, when you can retreat to your den.



## GEMINI (May 22–June 21)

On the 12th, your ruler, Mercury, joins three other planets in your career corner, and you can't help impressing colleagues and the powers that be. You're golden, but you might have to put in a lot of OT. On the 20th, when a solar eclipse charges up your social sector, you find a great way to balance your personal life and career.



## CANCER (June 22–July 22)

Get your partying out of the way before a solar eclipse revs up your zone of professional ambition and success on the 20th. Because the moon is your celestial ruler, eclipses are especially powerful for you. In the coming six months, you can look forward to redirecting your career along a more satisfying path.



## LEO (July 23–Aug. 22)

Don't count on much alone time this month. Your relationship zone is lit up like Times Square until the 12th, making romance your top priority. With four planets touring your travel sphere, a quick getaway would be rewarding (especially if you can go with your sweetie). But hurry back—Venus turns up the heat in your work zone on the 17th!



## VIRGO (Aug. 23–Sept. 22)

Last call to clean up your office. On the 12th, your heavenly ruler, Mercury, leaves your organization and wellness zone and enlivens your relationship corner. If you have hopes of streamlining things at work or getting back on the fitness wagon, pull out all the stops now to give yourself even more energy for romance.



## LIBRA (Sept. 23–Oct. 23)

Sparks could fly with your celestial ruler, Venus, moving through your partnership zone, alongside passionate Mars, until the 17th. It's a great time to reconnect with your partner or to start a new relationship. If that's not enough, a solar eclipse in your love lair on the 20th gives you six months to make any course corrections.



## SCORPIO (Oct. 24–Nov. 22)

Make your home your sanctuary by loading up on healthy food as well as movies, reading material and scented candles. Virtually every planet is tucked into the introverted half of your chart this month. Creativity is strong from the 12th to the 30th, and a solar eclipse on the 20th sparks your imagination. Get organized and you could get a ton of work done.



## SAGITTARIUS (Nov. 23–Dec. 21)

Your ruling planet, Jupiter, is retrograde in your travel sector, so you won't be racking up any frequent flier miles. Instead, take advantage of social Mercury in your domestic corner from the 12th to the 30th by entertaining at home. A solar eclipse in your creativity zone on the 20th spurs ideas for using your space—possibly finding room for a home office.



## CAPRICORN (Dec. 22–Jan. 20)

When Saturn turns retrograde in your introspective corner on the 14th, let important people know that you're around if they need you but that you require time on your own to think and create. The solar eclipse on the 20th activates your domestic zone, making it the ideal time to hibernate for a while.



## AQUARIUS (Jan. 21–Feb. 18)

Communicator Mercury is jetting through your sign, turning you into an ideas machine until the 12th. After that, it shakes up your money house, and an exciting new venture could yield big rewards. Networking is especially vital during the solar eclipse in your community corner on the 20th. Seek out someone to guide you through your next strategic step.

Suzanne Gerber is a nationally renowned astrologer and journalist in Brooklyn, N.Y.

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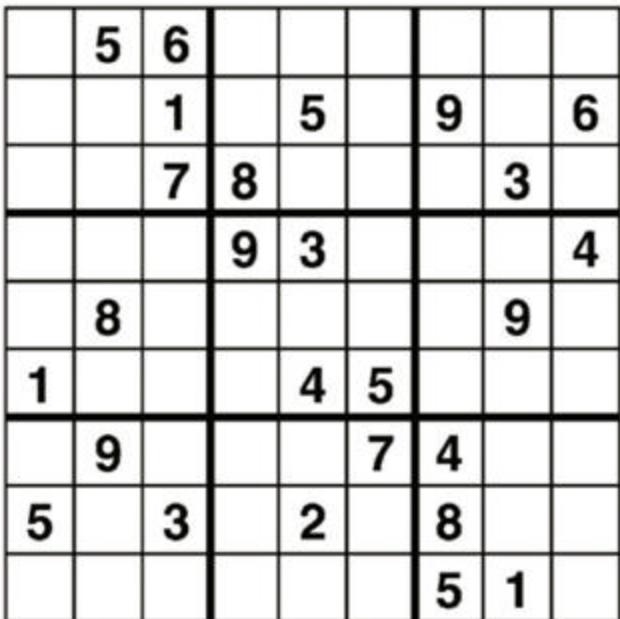
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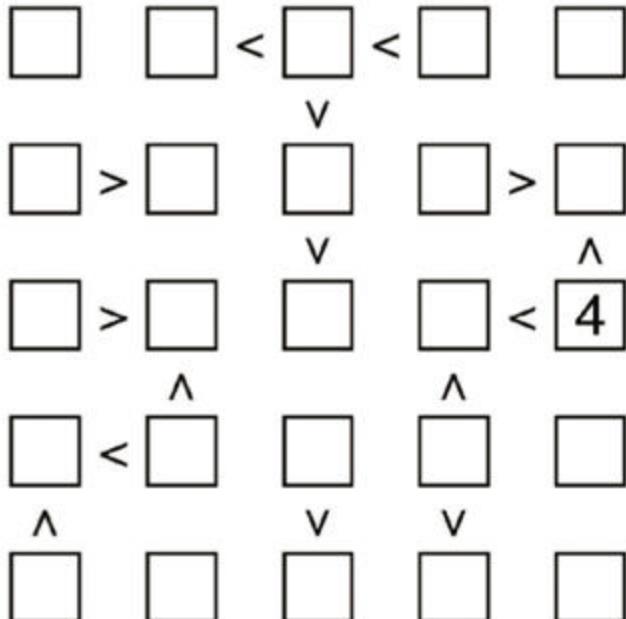
# Coffee-Break Fun

Sip a cup of joe and enjoy these brainteasers

**Sudoku** Complete the grid by placing a number in each box. Your goal is to make each row, column and small nine-box square contain the numbers one through nine exactly once.



**Futoshiki** Each column and row must contain the numbers one through five. The values of adjacent boxes must obey the given greater-than (>) and less-than (<) signs.



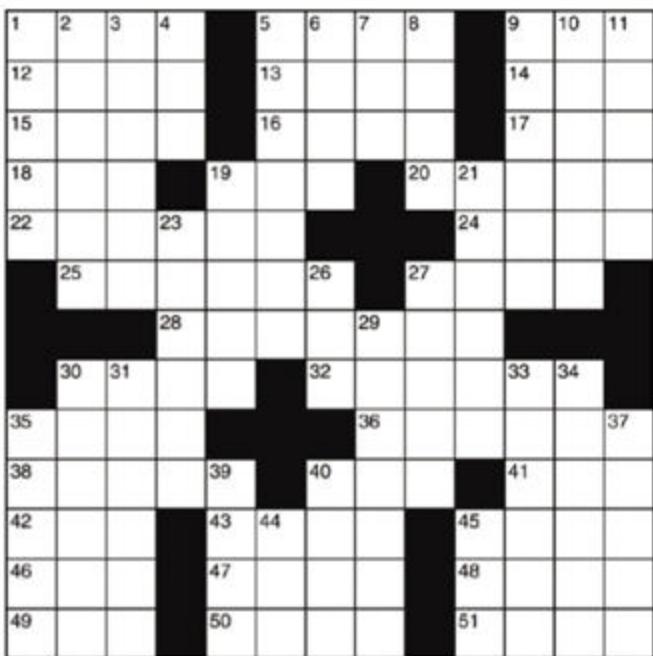
## Crossword

### ACROSS

- 1. \_\_\_\_ of the moment
- 5. Barrel
- 9. Ostrich's relative
- 12. Motion picture
- 13. Yoke animals
- 14. Louse
- 15. Understand words
- 16. Paddy crop
- 17. Concealed
- 18. Cleric's vestment
- 19. Hazardous curve
- 20. Lyric poem
- 22. Jai alai ball
- 24. Rude look
- 25. Electronics expert, for short
- 27. Make a salary
- 28. Oppression
- 30. Passion
- 32. Beaver or squirrel
- 35. *Addicted to Love* star
- 36. Weekly TV show
- 38. Border tool
- 40. Personal pronoun
- 41. Animation unit
- 42. Styling product
- 43. Astonished
- 45. Sasquatch's cousin
- 46. Highest card
- 47. Mother, informally
- 48. Gossip topic
- 49. Studio locale
- 50. Hunter's quarry
- 51. Bonfire
- 6. Line of rotation
- 7. Dry, as wine
- 8. "Jerky" joint
- 9. Mimic
- 10. Girl
- 11. Milk giver
- 12. \_\_\_ alcohol
- 21. Gamester
- 23. Gas-pump number
- 26. Pitcher handle
- 27. Closer
- 29. Bouquet
- 30. Louisiana music
- 31. Aerie occupant
- 33. Amenity
- 34. Waver
- 35. Sovereign
- 37. Muck
- 39. Sloping walkway
- 40. House
- 44. Long-jawed swimmer
- 45. Pup's cry

### DOWN

- 1. Fragment
- 2. Small treat
- 3. Powerless
- 4. \_\_\_\_ River
- 5. Barbary pirate



# Picture Puzzle

**WILD AND WOOLLY** Can you grin and bear it while trying to find the 12 differences between the photos below? The answers you're looking for are just around the bend.



**WANT MORE PUZZLES?** LIFE picture puzzle books are available at bookstores and online retailers. Check out [life.com/books/puzzle](http://life.com/books/puzzle) and collect the entire series.

1 | 2 | 3 | 4 | 5

\* Solution on page 99

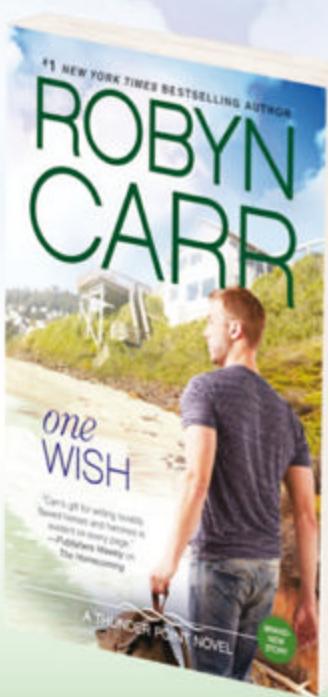
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**\$996  
VALUE**

**4**

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**a Legacy Republic gift code**

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**\$250  
VALUE**

**15**

**READERS WILL WIN...**

**a Taylor smart scale**

Help monitor and achieve your weight-loss goals with a Bluetooth-enabled smart scale. It wirelessly transfers key health and fitness data to your mobile phone or tablet via Taylor's free SmarTrack app.

**\$60  
VALUE**



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## "Coffee-Break Fun," p. 96

### SUDOKU

8	5	6	3	9	2	7	4	1
3	2	1	7	5	4	9	8	6
9	4	7	8	6	1	2	3	5
7	6	2	9	3	8	1	5	4
4	8	5	1	7	6	3	9	2
1	3	9	2	4	5	6	7	8
6	9	8	5	1	7	4	2	3
5	1	3	4	2	9	8	6	7
2	7	4	6	8	3	5	1	9

### FUTOSHIKI

1	2	< 3	< 4	5
4	> 1	2	> 3	
5	> 3	1	< 4	
	2	< 4		
	3	5	3	1

### CROSSWORD

SPUR	CASK	EMU
GINE	OXEN	CAUD
READ	RICE	HID
ALB	ESS	EPODE
PELOTA	LEER	
TECHIE	EARN	
TYRANNY		
ZEAL	RODENT	
RYAN	BERRIES	
EDGER	HER	CEL
GEL	AOG	YETI
ACE	MAMA	ITEM
LOT	PREY	PYRE

### PICTURE PUZZLE, p. 97

No. 1 (A1): This mountaintop has eroded. No. 2 (A3): The eagle has flown a little south. No. 3 (B1): The elk has done an about-face. No. 4 (B2): One of the bears in the background is now missing. No. 5 (B4): One mountain is now a little better for skiing. Nos. 6 and 7 (B5): Another mountain has grown a bit larger, and the missing bear has shown up on the other side of the river. No. 8 (C2 to C3): A new patch of grass has appeared on the riverbank. No. 9 (C4): A fisherman is angling for a nice catch. No. 10 (D1 to D2): One cub has moved to a more comfortable position. No. 11 (D4): A few wildflowers have bloomed in the field. No. 12 (D5): The mama grizzly is bringing home supper.

NAME

# Libby Choiniere

AGE

37

HOME

Springfield, Ohio

NOMINATED BY

Her sister,  
Autumn Conley, 44

## REASON FOR NOMINATION

"With the encouragement of my little sister, Libby, I've lost 120 pounds since January 2014. She is an example of the kind of woman I would like to be."



### She's like a second mother to my daughter

"I am a single mom, and Libby has always been an integral part of raising my daughter, Cissy. If Cissy ever needs anything, she knows she can always call Aunt Libby if I'm not available."



### She is dedicated to creating a loving home

"Libby is an amazing mother with four boys, and she goes out of her way to help support her growing household. She keeps a beautiful home and always puts her kids and others before herself. She is the coupon queen of our county, she homeschools her children and she's even raising money to adopt another child by selling homemade pillows and stuffed animals."

### She has helped me lose more than 100 pounds

"We both have been heavy for much of our adult lives, and last year, Libby and I made losing weight our goal. Being on a diet for 12 months can wear on a person, but she was always there to motivate me. She gave me her smaller clothes, made me special low-calorie meals and helped keep me accountable. With my daughter, the three of us have lost 270 pounds so far!"



### She always knows how to make me smile

"Due to a lot of work and personal stress, I didn't have as much time as I wanted to take care of my yard last summer. One night, my sister showed up at our house with her oldest son—and a car full of flowers. They cleaned up my flower bed and made it beautiful again. I was so touched by the surprise 'gardening angels.'"

### WHO'S YOUR HERO?

Is there someone in your life who inspires you to be a better person? We'd love to know. Send a paragraph about the one you'd like to nominate as your hero to [livewell@allyou.com](mailto:livewell@allyou.com) and we might feature you both in an upcoming issue.

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This guy is  
giving me  
the willies.

Easter is better with 



They make every basket complete.